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Don't worry about going to hell -- you are already in hell -- worry about getting out

nobody User ID: 84828065 11/27/2022 07:18 AM Report Abusive Post Report Copyright Violation Don't worry about going to hell -- you are already in hell -- worry about getting out

The biggest lie of them all is the lie about going to hell. Sorry to break the bad news to all of you, but this is hell. If you can't read all these headlines everyday and see it for yourself, it is because the thought of it is the only thing seemingly worse than the reality of it.

This entire dimension is hell and it isn't some place you have to stay in eternally. It is some place where you are until you realize you are. At that moment, the moment where you realize where you are, the journey out of hell can begin.

Up until then, you are living in a dream while in hell, trying to avoid waking up to the fact that you are here.

The amnesia that folks have in this world where we don't know why we are here and can't remember how we got here, that is how hell works.

Say, in your last life, you suffered and caused others to suffer too; you reached a level of suffering that caused you to become aware that you were in hell and at that moment you knew that you wanted out of hell.

Have you ever heard the saying, "Ask and you shall receive?"

God or the light or eternity or whatever is the opposite of hell hears your cries and as your heart opens up and asks for grace from the universe, the light comes in and removes you from your pain and suffering and shows you mercy, wipes out your horrible memory of suffering and merges you into the light of god, removing any trace of memory of this horrible place and then, reincarnates you here to try again.

This process repeats until in one life, rather than asking for someone to save you, you decide you are going to save yourself and make sure you never have to come back here again.

So, you begin the process of spiritual evolution. You begin to figure out how to stop causing suffering and how to avoid suffering in doing so. You begin to elevate your consciousness from anger, hatred, fear and suffering to peace, love, compassion and patience. You don't maybe figure it all out at once and get perfect at it right away, but you begin the process.

Eventually, you change as a being and one day, you are ready to be liberated from this plane of existence and you move on to the next level of existence above this one.

This one is the bottom level. There are many levels above this level, but none below this level. This is as bad as it gets, but keep in mind that even if you are here on earth and living a

comfortable life right now, there are places and people on earth suffering tremendously right now and so long as you are not liberated from this plane, it is always still possible to be born into less pleasant surroundings. One slip up, a little bad karma and you can find yourself suffering like you never realized.

Always remember though that if you are truly in agony, you can always open your heart and ask for some grace and God will take mercy on you, so even in hell, there is a force of good that will respond positively to you when you earnestly cry for help. People don't usually ask for help like that until after they have suffered though so if you do something really bad, you won't usually get any help until you pay for what you did because you won't change until you pay for it. The change that happens when you suffer your own karma is what enables you to open your heart and ask for help. So, you always have to pay the karma, but you always can ask for help. The worst suffering is not constant. It will ease up generally just as your karma would if you had not continually done only evil non stop.

One hard thing to learn in hell is not to kill. This is part of why hell exists in the first place. Beings get upset for one reason or another. They feel violated or enraged for one reason or another and sometimes kill someone else and incur karma for killing. The karma must be paid in order for the soul to learn from the mistake and allow themselves to reach the point of desperation where they open their hearts back up and ask for help.

All bad karma can be absolved. That is the good news. It is painful though. However, then the karma is worked through. What beings might not have understood in the past when hurting someone else, they will eventually learn when it happens to themselves because it doesn't feel good when it happens to us or someone we love. That is how we learn sometimes.

So, it isn't an endless prison hell bent on causing suffering for no reason.

It is this way to teach us all to not hurt one another.

Once you learn these things, you can evolve and life will be much more pleasant as you accrue a positive karma and have paid off all negative karmas and learned from their lessons.

Then life is not bad. It can even be wonderful. So, there is something good to work towards no matter how bad it is right now.

Anonymous Coward
User ID: 84249011
United States
11/27/2022 07:28 AM
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Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

Not "hell", but suffering

All things are codependent on the very thing else, but the rule of 'things' is entropy- meaning everything in the material world is constantly changing, breaking down into new things. By identifying with the senses, with the material and natural world, we embrace suffering. The only way out is to be selfless- to extinguish the flame of self (aka 'Nirvana')

Anonymous Coward
User ID: 77853947
Switzerland
11/27/2022 07:29 AM
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Re: Don't worry about going to hell -- you are already in hell - worry about getting out

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Ouoting: **nobody 84828065** 

Absoulutely Beautiful! Thank You!

<u>Thread: Humans would like to live on earth as if they were in a holiday resort, but earth is a school (and occasionally even a reformatory!)</u>



Anonymous Coward (**OP**) User ID: 84828065 11/27/2022 07:35 AM Report Abusive Post Report Copyright Violation Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

Well, you can relabel it suffering instead of hell if you want to talk about it moment by moment in terms of your personal experience, but if you were to objectively watch what each being on earth is experiencing during every minute of the day for thousands of years, you would be hard pressed to find somewhere else in the universe more matching of a description of hell.

I think we can all agree during our tenure here over lifetimes that we don't want to endure this kind of thing forever for one reason and one reason only; doing so would be the definition for most people of hell incarnate.

However, you are correct about seeking Nirvana, but let's not skip any steps to get there. Nirvana doesn't simply come because someone told us about its existence. There is a bit of work to get there for sure.

Instead of worrying about Nirvana just yet, unless you are really just on the cusp of Nirvana, which most are not, just focus on the beginning stages.

- (1) Recognize where you are.
- (2) Recognize what you need to do to make things better.
- (3) Begin the process of doing what you need to do to make things better.
- (4) You are shooting for liberation from this plane of existence to a plane of existence which is not defined by suffering.
- (5) If you get that far, there are plenty of great teachers to help you move forward from that point. Just getting to that point is great though and all most of us have to work on for several lifetimes and will keep us quite busy.

Anonymous Coward (**OP**) User ID: 84828065 11/27/2022 07:50 AM Report Abusive Post Report Copyright Violation Re: Don't worry about going to hell -- you are already in hell - worry about getting out

# Meditation

You have all heard of this practice. Some have tried it. I bring it up here because it is a tool that will assist folks in trying to get through it all.

Here are instructions for anyone.

I got this from trying it out myself and finding what worked for me.

That means it worked for me and perhaps it will work for you.

I can not tell you, only you can tell you, but you are welcome to try it and find out for yourself.

- (1) Pick some place or time when and where you will be left to have your own privacy and a non distracted atmosphere that is reasonably comfortable if at all possible and set it up so that you remain undisturbed for the duration. Meditation can be hard enough by itself at first without any distractions at all, so really try to set aside time and space to have no additional distractions for the best possible outcome.
- (2) Don't tell anyone else you are doing it. You don't want to be sitting there to be still and all the while waste your mind contemplating the person you shared the fact that you are going to meditate or your mind will be engaged in thinking about that instead.
- (3) Sit down with your hips higher than your knees so that you can arch the small of your back forward slightly and balance such that you aren't falling backwards and won't collapse forwards; you want to balance with your back straight so that it is right between where you would go back or forward so that you don't have to work at staying still and upright.
- (4) Open up your arms and allow them to sit upon your knees, palms up and relaxed.
- (5) Breathe in for some time, enough to gradually fill yourself with oxygen and let your lungs totally fill to capacity such that you get more oxygen and can feel a tingle in your body from all the good air.
- (6) On the release of the breath, allow the tingles to flow through the body and soften the gaze to allow for a shift in consciousness to where time is slowed down along with thought so that you can truly relish the moment of exhale.

(7) Repeat steps 5 and 6 until you feel that you have truly made yourself feel cleansed with chi. Allow yourself to close your eyes as needed and let the chi flow not just through your body but also through your head. When you have achieved feeling renewed, good job, you have learned how to allow your breathing to guide you through meditation.

This whole process can be done within a minute, but you may take 2 minutes or as long as you wish.

This is good enough instruction for now for anyone.

Perhaps more will surface and be on here at another time.

That is good for now.

## **ElleMira**

User ID: 83436424 ■ United States 11/27/2022 07:50 AM



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Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

I saw this on quora, good answer:

### "O. Is Earth actually hell?

A. Yes Earth is Hell. Lucifer was thrown out of heaven to where? Earth(Hell) Lets look at Earth. There is war, pain, suffering, death, greed, deception, corruption, murder, backstabbing, liars, false accusations, false witnesses, haters, adulterers, and division. Sounds a lot like Hell to me. Do you notice only evil people are the ones that make it to the top? The good people suffer. That sounds like Hell to me. Look at all the corruption and evil in politics and nothing is ever done about it. Sound like Hell to me. Look at this world now. Anything good is attacked and ridiculed. Anything that is perverted is praised and honored. Sounds like Hell to me. Earth is Hell. The only way out of Hell is to give your soul to Christ. When you die, you get out of Hell. The Earth is an illusion by Satan himself. He rules in Hell which is Earth. Get saved and you will get out of Hell when you die. Good luck and I hope you make the right choice."

Satan is 'god of this world'

# MOST Don't Know This About SATAN

# [link to youtu.be (secure)]

Some ponderings I had awhile back: 'Maybe this world isn't a battle between good and evil, maybe it's a battle between evil and evil. Maybe it's a battle between Satan and Lucifer. Satan is about the material, about control (Saturn) and Lucifer is about corrupting the mind (Venus) - thus trapping/corrupting our Soul (our divinity). So, we have a choice to become ensnared in their trappings - or, we can choose to be 'Christ like', to follow that voice within us that knows the world of Satan and Lucifer goes against our divinity. Perhaps Christ was showing people how he evaded these trappings and the power to do so (free will) resides in all of us. I don't think worship is the key here (worshipping anyone), but following one's own divinity is the key. Sort of like being in a maze, you have to find your own way out - you don't sit in the middle of the maze and beg to the skies to pluck you out, you have to find your own way out.

What I have concluded is this world was created by something not good. Sure, there is beauty (Venus) and it provides all the material/resources for life (Saturn) but it feels more like a trap.

# Shawshank Redemption - Andy Escapes



# **ElleMira**

User ID: 83436424 United States 11/27/2022 07:56 AM



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Anonymous Coward (**OP**) User ID: 84828065 11/27/2022 08:01 AM Report Abusive Post Report Copyright Violation Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

The Law of Grace is probably one of the most important 'universal laws' for redemption and transcendence. It's one I've been meditating on for years.

Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

The truth is that there is no "other" here and therefore the illusion of satan, lucifer or any other dark shadow which we project our worst fears on is nothing more than a projection of our own ability to see reality through the lens of duality.

By this, I mean that our soul is never really separate from God.

We are all one and God and never left God. We are the light and the light is God and God is the light and we are all one.

However, in this plane of existence, we experience the lens of "other"ness.

Otherness is an illusion.

To feel separate is to feel unfulfilled. To imagine that there is something else means that either someone else is suffering from being opposed to us in some manner or we are suffering by being opposed to them in some manner.

When we experience love with another, we experience a level of not being so separate from them.

That is why we say that God is love and love is the pathway to God.

So, don't worry about Christian dogma and red devils. The only devils running around are the

projections one has in one's own mind; they are illusions.

To awaken to ultimate reality, you purify your soul through acts of goodness and achieve a view of reality in which there is no such devil to be found as you can't find him when he can not take refuge in you, for the entire universe exists within you as you are the mind of God and all the universe lies within each one of us. The outside world is an illusion, a teaching tool if you will. When we die, it disappears like a dream we awaken from.

# **ElleMira**

User ID: 83436424 United States 11/27/2022 08:19 AM



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Quoting: Anonymous Coward 84828065

I've found a lot of wisdom in Christian teachings. There is an evil that proliferates in this world the evil that manipulates our existence and has given power to 'TPTB'.

[link to www.heritage-history.com (secure)]

Also, I have to disagree with this statement:

'This one is the bottom level. There are many levels above this level, but none below this level..." I believe there are darker, lower depths - that people can be brought down to the absolute lowest realms of depravity while existing in this realm. I've seen 'shadow beings', the dark shadowy figures that reside in the peripheral of this realm. They have a Plutonic/Hadean energy - they are like the spiritual composters of our realm, feeding off of dark, negative energies. They reside in a realm of death, transformation, destruction and thus renewal.

# <u>jedidad</u>

User ID: 55367553 United States 11/27/2022 08:21 AM Report Abusive Post Report Copyright Violation

Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

Well you're still here, so.

**Anonymous Coward** User ID: 84529575 Netherlands

11/27/2022 08:49 AM

Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

Our cat usually ate big moths, dunno what the neighbours are atm without cat.

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Anonymous Coward
User ID: 84632024
United States
11/27/2022 09:02 AM
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Re: Don't worry about going to hell -- you are already in hell - worry about getting out

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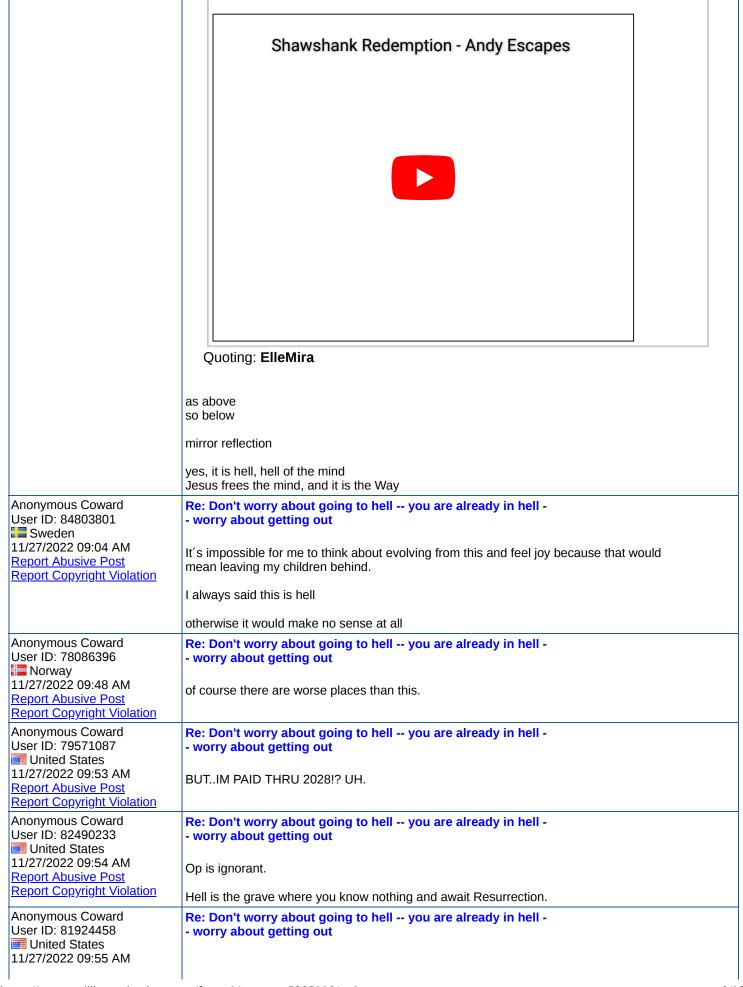
Satan is 'god of this world'

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[link to youtu.be (secure)]

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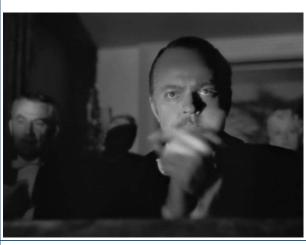


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Anonymous Coward
User ID: 84165342
United States
11/27/2022 09:58 AM
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Re: Don't worry about going to hell -- you are already in hell -- worry about getting out



Anonymous Coward
User ID: 81661268
Canada
11/27/2022 10:00 AM
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Re: Don't worry about going to hell -- you are already in hell -- worry about getting out



**Quoting: Anonymous Coward 81924458** 









User ID: 80117407
United States
11/27/2022 10:16 AM
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Re: Don't worry about going to hell -- you are already in hell - worry about getting out

Op is ignorant.

Hell is the grave where you know nothing and await Resurrection.

Quoting: Anonymous Coward 82490233

Sounds a lot like life. We know nothing and wait for resurrection.

"The rules are simple: they lie to us, we know they're lying, they know we know they're lying, but they keep lying to us, and we keep pretending to believe them."

Elena Gorokhova, A Mountain of Crumbs

Anonymous Coward
User ID: 84834631
Norway
11/27/2022 10:39 PM
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Re: Don't worry about going to hell -- you are already in hell -- worry about getting out

Well you're still here, so.

Quoting: jedidad

So someone came here and gave you something real to think about and instead of digesting it and trying to actually practice a different line of thought, you decide to point your finger at the very person trying to help you to show them in a negative light.

You will be in hell MUCH longer than OP, that is for sure. Enjoy.



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