

## ***The Path to Enlightenment - JM***

Do you wish to pass on to the astral realm? Then focus.

When you perish, you become your entire life – every moment, memory, and action you ever made. A life full of sin and cruelty guarantees a rough afterlife. You must enlighten your mind and soul in your human life to pass through the astral gate and on to what's behind.

To embark on a journey of self-discovery, begin by clearing your mind of illusions and dependencies that hold you back. This requires introspection to identify and release mental patterns and attachments. Once you've achieved mental clarity, practice meditation to transcend the limitations of your physical body. Meditation promotes inner peace and cultivates awareness, fostering a state of illumination and deeper understanding.

Strengthening your relationship with the divine is also essential. Engage in spiritual practices that resonate with you, nurturing your soul and forging a connection that brings purpose and fulfilment to your life.

Here's a list of killers to the mind, soul & body:

Lust ( Masturbation, Valueless sex, Excessive desire for sex )

Gluttony ( Overconsumption of food, Excessively drinking alcohol )

Greed ( Wealth/ Money obsession )

Sloth ( Laziness, Disinterest in spiritual matters/ Neglecting spiritual growth )

Wrath ( Uncontrolled hatred or rage )

Envy ( Desire for the possessions, happiness, talents/ abilities of others )

Pride ( Narcissism, Vanity )

To elevate yourself and transcend the obstacles that stand between you and your enlightened self, it is essential to conquer the habits that hold you back – those related to lust, gluttony, greed, and other forms of indulgence. It might seem far-fetched, but allow yourself to dream. Picture the divine potential that resides within you and the remarkable achievements you can attain. Imagine the vibrant, enlightened version of yourself, and let that vision guide you toward realising your highest aspirations.