

Moments of Solitude

A Reflection by Ninox



First Edition – 2025© 2025 Ninox Antolihao

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Dedication

To the seekers who still believe there is more.

To the ones who carry silence like prayer, and light like memory.

May this book remind you that every breath is a conversation with eternity.

— Ninox



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Introduction

Every book begins with a question — a spark seeking its flame.

This one began not with certainty, but with wonder: Who are we, really? What moves behind our breath, and why does the heart feel what the mind cannot explain?

These pages are not instructions, but invitations — to think, to feel, to remember. Each reflection is a mirror; each word, a step closer to the self that has always been waiting.

May you find light in the pauses, and peace in the space between thoughts.

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About the Author

Ninox Antolihao is a Filipino thinker known for blending philosophy, spirituality, and science into reflections that awaken inner understanding.

Born with a curious mind and a compassionate soul, Ninox explores the unseen connections between energy, faith, and consciousness, the silent threads that weave all life into one field of being.

He writes not to preach, but to question; not to convert, but to awaken. His works invite readers to look beyond belief and fear and rediscover the truth that every soul is a fragment of the same eternal source.

Outside his writings, Ninox is a community builder and creative entrepreneur. He runs Stone Grill Restaurant in Leyte, Philippines—a space that reflects his philosophy of warmth, unity, and connection. For him, both food and spirit share the same purpose: to nourish, to gather, and to remind us that we belong.

His reflections bridge worlds—faith and logic, science and spirit, matter and mystery—guided by one belief:

Awareness is the light through which humanity evolves.

"I don't write to teach," he says.

"I write to remember—and to help others remember too."



The Meaning of Hair

Introduction

Hair grows in the most important parts of our body — on the head, under the arms, and around the areas that give life. It may look simple, but hair has purpose. It protects, helps us sense the world, and reminds us that our body and spirit are connected.

Hair and the Body

Hair is not just decoration. Each strand grows from a tiny nerve ending, making it sensitive to touch and movement. That's why we feel goosebumps or our hair rises when we're scared — it reacts before our mind does.

Hair also protects the scalp, filters air in the nose and ears, and keeps us warm. It helps us feel what's around us — almost like nature's own sensor.

Hair as a Symbol of Strength

In many stories and cultures, hair stands for power and identity. Samson's story shows this: when his hair was cut, he lost his strength — not because the hair itself was magical, but because it symbolized his promise to God. When he broke that vow, he lost the connection that gave him strength.

So in a deeper sense, hair represents connection — between who we are and what gives us energy or purpose.

The Sign of the Cross and Our Energy Points

When we make the sign of the cross, we touch three main points:

- The forehead — where hair grows, symbolizing the mind (the Father).
- The chest or lower body — where life begins, symbolizing the body (the Son).
- The shoulders — where hair grows again, symbolizing the spirit (the Holy Spirit).

Maybe the act reminds us that our power flows through all three — mind, body, and spirit — and they are all connected.

The Real Message

Hair is part of how we sense and connect. It shows that strength and awareness are not just inside the body — they grow outward. Whether you see it scientifically or spiritually, hair is a reminder that life is always reaching out, feeling, and staying connected.



The Man Who Challenged Fear

“You will know the truth, and the truth will set you free.” — John 8:32

The Gospels of Matthew, Mark, Luke, and John were written sixty to seventy years after Jesus’ death. They are not news reports, but living memories — collections of stories, oral traditions, and eyewitness accounts woven together for different communities. Each writer preserved not just what Jesus did, but why He did it.

When you read His words closely, His mission was never about building a religion or demanding recognition. It was about opening eyes — freeing hearts chained by fear, guilt, and oppression. In His time, the Roman Empire ruled through violence and taxes, while the religious leaders added spiritual burdens of shame and control. Jesus stood between both powers and spoke a different truth: that love is stronger than fear, and that every person carries the image of the divine.

He said, *“They tie up heavy burdens, hard to bear, and lay them on people’s shoulders, but they themselves are not willing to lift a finger to move them.”* (Matthew 23:4)

And then He offered a rest no empire could give: *“Come to me, all you who are weary and burdened, and I will give you rest.”* (Matthew 11:28)

He didn’t fight with armies. He fought with awareness. His weapon was compassion; His revolution was understanding. Every parable, every act of healing, every word of mercy tore down the invisible walls that rulers built to keep people asleep.

That’s why both empire and temple feared Him. He awakened the powerless — and awakened people are the hardest to rule.

Why Crucifixion Matters

Crucifixion was Rome's method of silencing rebellion. It was not a Jewish punishment, but a Roman warning — public, humiliating, and meant to terrify. It declared: "This is what happens when you challenge Caesar."

The religious leaders accused Him of blasphemy but could not legally execute. So they reframed the charge: "He claims to be King of the Jews."

To Rome, that was treason. That's why the sign above His cross read: "Jesus of Nazareth, King of the Jews."

The cross was not just a death; it was a symbol — the collision between truth and power. Jesus was crucified not because He demanded worship, but because He exposed illusion.

He revealed that the real kingdom was not political or distant — it was within, where truth lives.

His message still whispers today: Freedom is not given by rulers or priests. It begins when a person dares to see through fear.

Closing Insight: "They killed His body, but could not crucify His truth."

The Truth Beyond Praise

“Jesus did not die so we could praise Him or earn a ticket to heaven.

He died to break the chains of oppression — to free people from the prison built by elites who ruled through fear and control.”

Faith in Jesus was never meant to be a shortcut to comfort or a guarantee of paradise. It was an awakening — an invitation to live in truth, compassion, and courage.

If belief in Him becomes only a promise of reward, while His teachings about justice and love are ignored, then the purpose of His sacrifice is lost. That is not salvation; it is avoidance.

Many have replaced understanding with ritual, and devotion with display. But Jesus warned against this long ago. His message wasn’t about performance; it was about sincerity.

What Jesus Taught About Praise and Motives

In the Gospels, He repeatedly warned about empty worship and hidden motives.

He called out the Pharisees — religious leaders who sought honor and admiration — saying:

“Everything they do is done for people to see.” (Matthew 23:5-7)

He reminded people that truth begins in the heart:

“Let your ‘Yes’ be yes and your ‘No,’ no.” (Matthew 5:37)

And He rebuked those who honored Him only with words:

“These people honor me with their lips, but their hearts are far from me.” (Mark 7:6)

Jesus cared more about authentic love than religious appearance.

Praise that hides ego or seeks reward is not worship — it’s performance.

Flattery in the Bible

Throughout Scripture, flattery is exposed as manipulation, not devotion.

“Flattering lips speak with deception.” (Psalm 12:2)

“A man who flatters his neighbor spreads a net for his feet.” (Proverbs 29:5)

Flattery feeds pride, not love. It creates idols of people, not mirrors of truth.

Leaders and Flattery

Some leaders — religious or political — thrive on admiration. It makes them feel powerful. They mistake attention for authority and praise for presence. But this is not divine leadership; it’s human ego.

Jesus rejected that completely. When someone called Him “Good Teacher,” He answered,

“Why do you call me good? No one is good—except God alone.” (Mark 10:18)

He refused flattery because it distracts from truth. He wanted hearts awakened, not minds conditioned.

In the End

If Jesus returned today, He would likely be crucified again — not by pagans, but by those who use His name to build kingdoms of ego.

Faith in Him was never meant to be a ladder to heaven, but a torch to light the world.

He didn't die for worship; He died for awareness — to show that truth cannot be killed, and love cannot be silenced.

Closing Insight: *"The true praise Jesus sought was not words, but awakened hearts."*