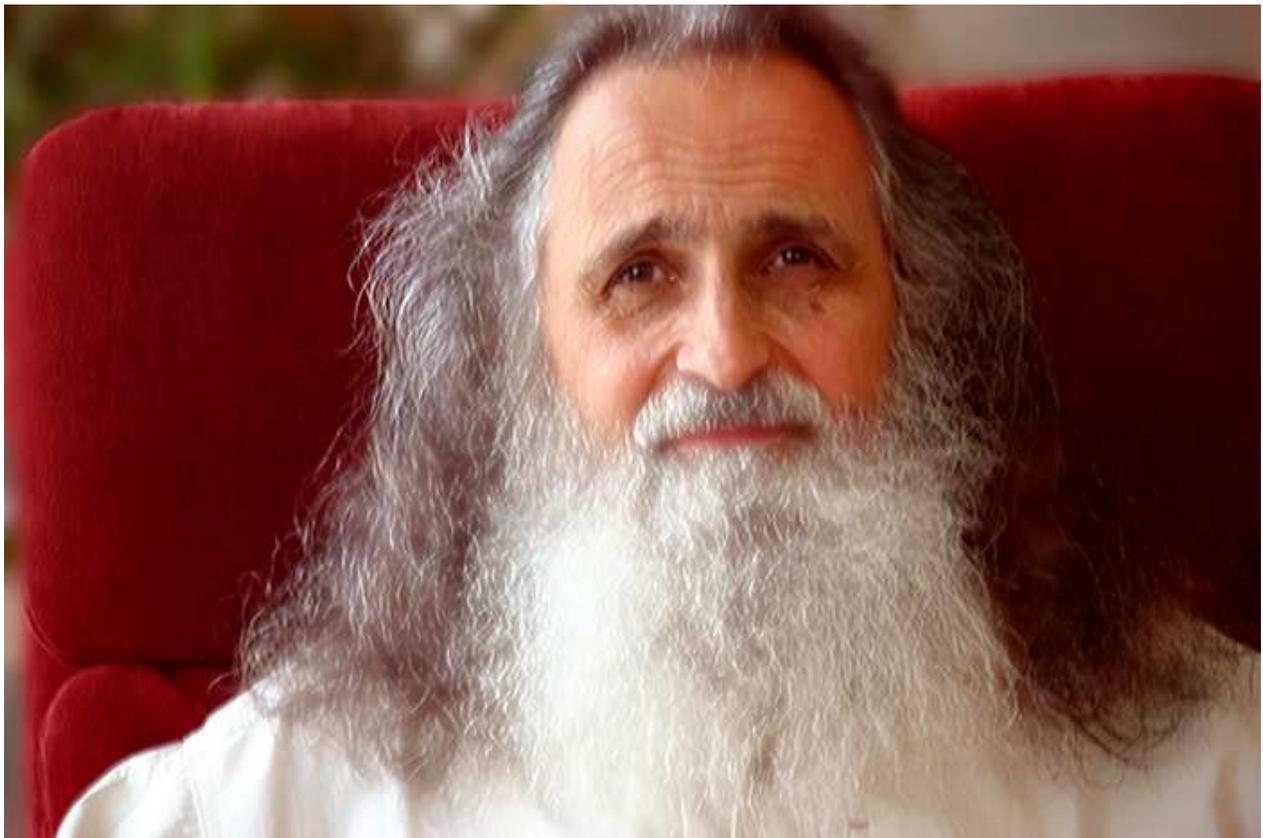


Kabbalah for Complete Life Management

For optimum performances and well-being



by Rabbi

Michael-ben-Pesach Portnaar, Ph.D.

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Notice to the reader

If you come to a difficulty in a part of the text despite the fact that you have tried everything to grasp it, then you may contact me without engagement by our e-mail address:

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Thanks

Sincere thanks to my student Tineke Kivits for the whole translation in English. Without her aid this e-book would not have been appeared.

About the author

Rabbi in the Kabbalah Michael-ben-Pesach Portnaar is born in 1947 in the Ukraine. During the years of the seventies of last century, he was an official student at the Talmud-university in Moscow. In that time the only institution on this field in Russia. Since 1975 he lives in Amsterdam. In 1981 he received his master degree at the university of Amsterdam at the faculty humanity. During the nineties he received a degree in philosophy at the international faculty of information. At the same time he studied at the faculty for Hebrew/Aramaic and Jew studies at the University of Amsterdam. He also followed several educations in Jews science at several Talmud-academia, but it was arranged from above he wouldn't become a Jews rabbi. He discovered the true teachings of the Kabbalah from one of the greatest kabbalist of all times: the divine ARI [r. Luria Ashkenazi], his method is named the Lurian Kabbalah. Michael is staying faithful at him, the living ARI is for him the only teacher in the Kabbalah.

In the Kabbalah you don't become a rabbi by way of receiving a certificate (smiecha), this is only a sheet of paper what is transitory, received from someone...the Kabbalah is not a religion but an original method for your personal mental wholeness and wellbeing. The only greatest kabbalist ever 'whispers' in the ears of his chosen followers and in a secret way he initiates him to rabbi. This is enough for to become a true rabbi in the Kabbalah. In the true mental it is the great teacher himself who determines and in a way he 'burdens' the student for to pass on the secret and holy method

In the beginning of 2002 Michael Portnaar received his life's dedication. Gently yet expressively, he was requested to reveal the Lurian Kabbalah to humanity IN THE PRACTICE OF EVERYDAYLIFE. On Michael's response: "They will not believe me", Luria answered: "You are my true disciple and you are rabbi for your entire generation. **Break Kabbalah open!!**" For this reason Michael does not hide it anymore.

His method, all the knowledge and experiences he transmits to his students and teachers in training around the whole world, particular in the Netherlands and Belgium, are coming from the most authentic and pure Lurian Kabbalah and the book Zohar. He studies manuscripts and books from the most secret Kabbalah sources in their original languages: Aramaic and Hebrew. Since the year 2002, he takes care for the educational Centre for Lurian Kabbalah, as well intern in Amsterdam as by way of Internet (www.kabbalah-arizal.nl), which is open for everyone.

Preface

In our daily life we meet a lot of situations that in a way controls our life. They overrule us with their coarseness, fatality, and in a way there is no space for to practice our own free will. They are blocking our independent and independency actions; they evoke in us anger and incomprehension and at last a deep, everlasting disappointment. It seems inevitable and in a way it is. Because only by living according the laws of this world it isn't possible for a person to come to the achievement of the so longed wholeness, or it will be a long and unnecessarily painful way.

The point is, the human being is in strength divided in two parts:

- 1) From his head to his waist.
- 2) From his waist and further below (including his genitals).

Humanity only knows and uses a small part of his creative powers, the area above the waist. They don't know how to handle with the area below the waist. And above all: one lacks the strength how to connect these two parts, because only the right connection gives us the optimum result. What is the way of building up and how to handle this secret and cumbersome area below the waist? In what way one can have connection with these parts without having a left over?

This original method of the mutual connections between all the fields of strengths within the human being comes from the teaching of the Kabbalah, from the secret book Zohar and the book The Tree of Life, from the greatest Kabbalah master ever: Isaac Luria. The problem is; the opening key for these sources was, is and will be given only to a few sincere Kabbalists around the world. As long the outer world hasn't the clear direction in how to handle these forces, one sees only a fragmentation of the true reality and not the whole picture. It was Einstein who said, humanity only use 2% of his creative strength. The other 98% are from the waist and below. By only using your head and the upper body for communication, it is impossible to locate and attracting the thin, short information waves.

Therefore one stays only within the earthly fields of strength, submitted at gravity and the material existence. There is a saying: some people don't trust anything they don't know. Therefore we are still living with inertness, a low output of decision making, research results etc. This is also the deeper cause of the common phenomena of tiredness, stress, sickness absence etc, because one is only receiving rough and fragmental information, which are delivered only from his upper part of his body without the connection with his lower part.

In this book you will find and see a unique method, developed by the prominent contemporary master in the Kabbalah after many years of devoted study of the most secret manuscripts, for the first time in history in a clear and powerful form for he who's performance is a great deal for him. The time is now ripe for to bring this method from the study room into daily practice. The reader will learn about principal contradictions in every problem, how to solve them on a higher level with an unknown smoothness. After the reading and working with this book one is capable to apply this ultimate success formula in every situation: to connect all the fields of strengths within him self and he will know how to handle them.

Is it possible for someone who doesn't know anything about Kabbalah, by reading this book to become familiar with this unique method? It is a correct question. Suppose a person gets a certain disease. He can say to himself: 1) "Now I'm going to study medicine and accordingly I do an extra study. I want to become a specialist in this disease and then I know enough to cure myself." Or he can say: 2) "I go to a specialist". By reading this book one receives an instant method for to become a specialist in a direct way, as well for the applying on himself, as well for the whole world around him.

This book is for experts in every area: As well for managers, scientists, technicians, artists, businessmen, civil servants, and for everyone who has the wish to life the true live. Therefore, it is for every person who wants to perform and strives for fulfilment.

The title: "**Kabbalah for Complete Life Management**" reflects perhaps the connection with the business world, or a popular name for a popular course whereby in a short time a lot of money can be earned, in other words a bubble for the yuppies. Or may be you have the association with offices and factories, kill and businesslike. Whatever you think, it is way out of line. It is for

everyone who wishes to go forwards, everyone needs attention: the office boys, the scientists, and the civil workers. And we may not forget they who are in prison, or people with mental distortion, he who's suicidal, the mental handicapped, refugees.... and also he who is rich and powerful, because they are in need too.

Through this book you will receive an unknown, everlasting, self-regenerating and driving forces, you will have the tool for to handle a problem thoroughly, one step ahead before the concurrent, everything with gratitude and no stress.

And finally, there is a deep and sincere gratitude for the students, Mirjam Kelderman and Tassos Panajotidis who have helped me to realize this book.

Obtain the best of your life with this secret Kabbalah method!

Rabbi in the Kabbalah: Michael-ben-Pesach, Ph.D.

Introduction

1.1 *My first thoughts*

For several years I had the thought to develop a short and to the point guide and the result lies before your eyes: the e-book: “**Kabbalah for Life Management**”. So now a person who is creative and competitive has a marvellous tool for to come to an optimum presentation and wellbeing, without stress!! How to combine these two? Is it possible to have the advantages of two sides in a constructive way? Because it seems logical these two would exclude each other: more competition has inevitable the consequence of stress that is to find back in health, in family live etc.

For a couple of years I didn't give interviews, neither at newspapers or whatever, but now I decided to step outside. I was involved in my study, sitting in my attic chamber busy with my own school of Lurian Kabbalah. But there was a strong feeling inside of me that pushed me outside to talk to he who is interesting, to speak and to pass on the knowledge to others from the point of view of the pure Kabbalah. It has become a product of my study, a study I did (and still do) for many years, a time where I experienced tremendous things as well during day time as during night time, because this is the way for to learn Kabbalah: studying day and night the most secret writings.

This book is a book special for you. And with you I mean the inner being. In the real spiritual world there is no You, all my students all over the world I address them with you, even my brothers speak about the Creator as you – ‘ata’.

This book is for you, for you to gain the best and the most out of your life. And with the right attitude you can make use of this book in an optimum way for to manage your own life, independent of others. Don't read with your intellect, but try, while you are reading, to make yourself free of everything what controls your life, experience and be receivable while you are reading, may the resonance come to you. Because behind the words there is the inner, which I enclosed in every word during the writing, and this resonance, you may receive. How is this

possible? You will see later and then you will see how it works. It is a matter of training: to make yourself receivable and then you too can attract and pass on.

Try to imagine, all your knowledge, all your experiences, all your pains, all your emotions, you let them go without repression. Try to be as objective as you can during your reading. Don't read this through your filter of your believe, convictions or meanings which you once had heard. Be as a child. Be receptive with all you senses; open all the pores if you can. Open yourself and you will receive the most. This is all what matters. This is Kabbalah: Kabbalah is receiving. I receive and pass it on to you. The smaller you are from the inside the more you will receive. I make myself small, more tiny then any of you, because this is the way I can give, and this is also the way for to receive. Because, if your "I" is still there, nothing will come to you, there will be no engraving and therefore there will be no help. So try to make yourself free of everything and then it will happen, to you and you and you...

1.2 The changalbe in the unchangeable.

We are now living in a very dynamic time period, a very forceful time, a time of a lot of varieties; it is a very demanding and straining time for us to keep up with all the changes. And you can't say: "No not me, I do not change". You can't say: "I am an ordinary boy I stay who I am. I am just a farmer (from the inside) all the developing changes let them go by my door". And we aren't talking about he who is in the material world a farmer, there is no talking about the outside, the material world; we are only speaking about the inner being. It is the outer being who says to you: "It isn't necessarily to develop myself in a spiritual way, why should I? My father and my grand father they were ordinary people, they didn't do the inner developing, why me?" Is it possible in this time? Can one function in this demanding time, not only on the job market but also for him self; is it possible to structure a decent life? 'Decent' in the way he is keeping up with what life is asking.

We are a product of this world and there is no possibility to ignore this time period, to fake if we are living still in another period. In a way it is black or white, like it or lump it: or you come along or you stand still. But when you stay still in a way it means you are "dead", in other words

you are living like a zombie, as a being that doesn't belong to the inner. Remember you can't withdraw yourself from the laws of reality. How does reality behave? How does a person behave from the inside? It is very important to know how things are working and who decides. Who is the boss, the reality or the human being? Is it me who has to adjust at reality? And if so, how? Do I have to give up myself or is the adjustment within myself enough? There has to be an adjustment so your happiness and wellbeing stays and may be improves and at the same time answering all the requirements of this time. Is it possible to bring these two together?

You can spend your money only one time. And with energy it is the same. As long the human being is here on earth there is certain energy storage. We have the same storage of energy as the prehistoric man had, because the storage hasn't changed. In a way there has been no change from the earliest beginning. I mean the reality in itself, without the human being, is unchangeable. Every day we see the same, the sun is rising and the day passes on, every day gives us a sunset. And at the same time no moment is the same. And these two things we have to bring in balance within ourselves.

On the one hand we see there is absolute immobility, there is no time. And on the other hand, deep inside of us, within the depth of the Universe were took place all the creation, there is no changing. It is static dynamic. Everything was, is and will be. And on the other side we see absolute mobility, changeability. Each moment is a moment of changing. This is because there are two strengths working in the whole creation. There is the strength we experience as mercy, as love, as unchangeable: and these qualities give us the feeling we don't need anything. In a way we don't need anything, no car, no television, nothing. To be satisfied with the world and ourselves, and all of this is coming from the Universal strength we call mercy.

And on the other hand we experience another strength, a second strength in the Universe, the strength of severity, the strength that restricts and shifts so new borders arises. This is the dynamic side of the second strength in the Universe. And it is us who are moving between these two strengths, how? There is the feeling of complete satisfaction, with and for everything, within all its simplicity and mercy. And there is the feeling of the restraining and demanding dynamic strength, every moment is different. Each moment brings us new flavours of life. You can't say everything is the same.

It often happens great businessmen and prominent people make contact with me. They want more out of their life. For example, a great director of a company who has everything his heart desires, said to me: "I am 45, but in a way I have seen everything." In his awareness it is if life has no surprise for him. Why? People can come to such a thought because there is no review of these two strengths. They only see the love, mercy, or only the immobility with all its negative consequences.

See it this way, our source, the infinite light is without any movement, is perfect, there is no shortcoming etc. and the human being, as a product of the light, has this feeling too, it is in agreement with the qualities of his source. But this can be negative too; a person can have the blues, he feels powerless. This is once side of the coin. And on the other side, the side we name the dynamic side, and this is the side where we see severity in this world, can be a positive one. In a way this is to be seen as a tool to build yourself in a dynamic way. And this side can also be negative if we use this side for our own good, to get what we want, despite other people, in other words he is doing everything for to aim his goal. And these are the two existing energies.

How does work...let me point it out in another way, a way you don't think about. I have said the storage of the energy of a human being stays as it was; it is the same energy as in the prehistoric being, exactly the same. And the reality is also exactly the same as in the prehistoric being, for example the Neanderthal, or he who hunted the mammoth. There hasn't been a change. So what has changed? Who changed the reality? See how we are living in this time. What has changed in reality considering lets say the day when the German invasion took place? Nothing has changed. Objectively the reality hasn't changed. It is the reality of the person that is changed. It is man himself who had adjusted the reality for his needs.

It is us who fit in the reality for our needs. In this we have to be very consciousness. Not the material world decides, marks us; but we, the human being himself controls the world. Therefore a person has to be very alert he doesn't leas his heart to the material. Because, when man is free, he is the king on earth, and if he leases his heart to the material, his live will be hell. The material things are there only for to help us in this earthly living, not to become attached to it.

Why? Because when we lease, even a small piece of our free heart, or our free intellect to a piece of material, to something that is useless, that we become attached on it, we are making ourselves as slaves. And that is what we see nowadays: one has become a slave. Of course not literally, as in the time when there were really slaves and masters. Of course, both were slaves. The master who had slaves was depressed just as his slave was, only in another way. What I mean is, we have become a slave of the material. And each person has to liberate himself, from the inside, of this material slavery.

And to us, the human being is given the whole inner mechanism. In every person we see the same mechanism, the control system as in the Universe. We function precisely in the same manner as the Universe. In other words: every person is made in such a way he doesn't need a psychiatrist, a psychologist, a priest, a social worker or whatever they call themselves. The mechanism inside of us is in such a way you can function in autonomy and you can absolutely be free.

So what has changed during the periods of the mammoth, or during wartime? I speak about the war because this has a very strong outcome in every living person, all of us can feel it. In a way between the period of the mammoth or the period of the war and the here and now, objectively seen there has been no change. The storage of energy has been exactly the same. As it was during the mammoth period and during the time of suppression, it is also nowadays. So what has changed? Do any of you have an idea of what has changed? In what way a person has developed himself?

Let me try to explain. From the outside there hasn't been a change. Of course, we are driving now in cars and not on horses, we have good roads, marvellous infrastructure etc. On the outside everything has become greater, the houses are more beautiful, we have a lovely smelling soap for to wash ourselves etc. all kinds of precious and beautiful things. So what has changed? The storage of energy is exactly the same as it was during the mammoth period. What has changed is the refinement of the use of the inner energy. The cultural refinement is in a way the result of this developing.

But this cultural refinement only means, 'a polishing of the outside'. Of course this is necessarily too, but it doesn't guarantee that a person, in all circumstances, as a development being, will behave in such a way. You only have to open your eyes and you can see this. Every being, when he comes in certain circumstances he takes his chances, one way or another. In a way, you can be brought up with the outmost cultural decency; it will not save a person from his bad habits. And with all the cultural decency we mean religion, traditions, philosophic conceptions and his convictions of the human being. Of course these are changing too, there is a developing also, but only within the need of the person.

People are changing themselves but in what way? People are only changing according the laws of the Universe. Although we know nothing about these laws, it happens in an intuitively way, we are bringing ourselves in agreement with the goal of the Creation, or in other words with the goal of the existence here on earth. So, it is very important for every one of us, when you rise up in the morning, think for a moment what is the purpose of existence. And when you know the goal of the existence, you know what you have to do.

When you rise up in the morning you feel all kinds of energy. You are full of energy only there is no structure. And only you can give direction to the energy that is with and within you. There is no person on earth that can help you, only you self. It is you who have to build up an inner relation with the eternal light what was, is and will be in wholeness. The goal of the existence, of everything, will be determined by the goal wherefore the human being and all other forms of nature are created, and that is: that existence may become whole and perfect.

Although it may look different, it is as we said above. The day when the German soldiers invaded the Netherlands, in a way this was a good day, better then the day before, and this seems a paradox. Each moment is a moment of progression, although we can't feel this, why? We are only thinking at ourselves, we have all kinds of prejudices and the feeling is huge, we feel pain etc. and this makes we can't see clearly. But every moment is a moment of progression for to come to the realization of the common and the special goal in existence. Your path of life has to be for you deterrent. Don't say: "I am too old, my children don't call me, I am in pain, this is a horrible time, I...". What ever happens, it is you who have to make the adjustment in the

common progression. And within you it is exactly the same, each day is different, each day is an opportunity for progression.

“But when someone dies, is this progress too?” Yes it is, for him it is a marvellous progression to be buried. And in many or in some of you there will be resistance. You have to learn, but first there has to be faith. Not the cultural faith that is only a dogma. Of course everything is necessarily, but we mean faith whereby you see the goal of the existence as well in the common as in your individual existence. Whatever happens as well in the time when you are happy as well in the time when you are feeling sad, connect everything with your special goal.

In a way there are no good times or bad times. What exists is: or there is “no time” or there is “time”. We feel the “no time” when we connect ourselves with the strength in the Universe that is within us and is named mercy. Then we feel time has stopped there is no motion. And on the other side we feel “time” when we are busy in a very dynamical way. And this can be everything, even cleaning the house etc, you can feel in that moment everything is changing. Later the kids will be at home, you feel yourself in a very dynamic way. Then you feel time. And both are good. In this you have to have faith, and this has to be build up.

I don't talk about religion or other kinds of institutions. A person needs motivation. This is the true reality. And when you keep this in mind, every day you will go forward, despite all your “yes...but”. Erode this expression from your vocabulary: don't pronounce it. Why? Because with this pronunciation you are waking up, from the inside, doubt.

And people have been made in a simple way, without doubt. When there is doubt it only means you aren't one with your inner and with the reality that is always pure. Of course, we are all walking the path to wholeness. See it this way. We are all walking the road that leads to wholeness. And I am talking about the true reality not about wishful thinking.

You will see every day, with the right attitude, inch by inch; you will love your pain more and more. You will behave yourself the same when you have pain or when you have pleasure. It doesn't matter. Why, because there are two strengths. Of course we will choose for the good, the mercy because we like it more. We always choose for the good, for the nice people around us.

We are doing this because we like it. And we fly away from the surrounding that isn't nice in our feeling.

That is what one is doing here on earth, fly away from the suffering and chase the pleasure, the satisfaction. Of course this is good too. But when you want to build up a true existence, there may be no difference in these two strengths. Suppose you feel suffering or shortness, you received a sad message, it doesn't matter, you can have a fine, you have to pay a huge amount of tax money while you thought everything was okay, or whatever. Of course you will be angry and upset.

In a way everything can upset you. The thing is, these moments are special moments, deal with it. Do what you have to do. Never become angry, not from the inside nor from the outside. Why? You have to accept both sides. There are no good times and there are no bad times.

So, what is changing? We say reality doesn't change. Okay, we have nice cars, beautiful houses, a good infrastructure, may be we like each other, but what is changing? The outer, the use of our package of energy in a more refinement way is changing. The mammoth person used rough violence; he had to use this for to hunt so he could stay alive. He was in need for clothing so he had to hunt the mammoth this was his existence. Somewhere in a cave was waiting for him his wife and children; he had to use in a rough violent way the energies. The energies were not rough; the use was in a rough way. The energy is still the same; there has been no changing in this energy.

What has changed? The refinement of the use of the energy has changed. Let me explain it to you in this way: there is a scale of spiritual strengths, as a pyramid. Strengths are rising higher and higher and at the top they come together in one point. The higher the energy the more refined the energy is. The Universe, the Light is structured in such a way: it is one. Everything is going to that point of oneness. And this oneness we have to keep in mind. Remember there are always two strengths in existence: mercy and severity, right and left, etc.

You have to try, in every situation, to bring them in a dynamic way to solution and then you will come to a higher level of wholeness. In other words, each moment of your existence is whole in your eyes, or in other words, when do you have doubt? Only when you are taking something in

review, you want to do too much. You want to bring something to a solution and you take more than the minimum unit of the solvable situation. That's why you have doubts.

So what to do? When you have doubts, make it less. In other words you have to bring your problem to a simple situation whereby you are capable to say yes or no. This is the situation you have to get: for to say yes or no. That is simple; it is the simplest condition in a situation, and this can be in your office, at home, it doesn't matter. You bring it to the most elementary understanding of yes or no. And then you take a decision and this has to be a condition wherein we see the fifty-fifty.

Not the condition of 80% pro and 20% against. If you have for 80% yes and for 20% no, you are in the situation of wishful thinking, this is not the way reality works. Let this be for you and for everyone a memory aid: only the moments whereby the reality or a particular problem is fifty-fifty, you have reached the moment of the truth. Now you can see how important this is. Therefore no euphoria because it is only in your thinking or you want to see it that way and that is wishful thinking.

As we have said before we can't avoid the reality although this seems a humanlike habit. We can't say: "Yes, I want to see everything is all roses", because that isn't the reality. The reality is fifty-fifty; the reality is to do or not to do. Why? One is placed here on earth for to take a clear position and one is given in every situation a free choice, to every individual person is given the free choice.

What does this mean 'free choice'? How can a person practice his free choice, in what way? It is only possible when there is the fifty-fifty. When you can see the: 'to do or not to do, the yes or no, the good or the bad', then you have a free choice, you won't have any doubts. It seems hard but it isn't. It is easy, Kabbalah is simple but you have to learn the right attitude. I have given you an example, and now we can return to the refinement of the use of the strengths that are in every person.

What do we see when a person walks this road? We are only interested in the individual person, because the progress of the whole lies in the progress of the individual, although it seems that

whole mankind makes progress. And of course it is, but it only happens because the individual is changing. Every person has to build up his relation with the eternal, that he may come in a tête-à-tête relation with eternity. And not with whatever cultural heritage there may be, only a direct relation with eternity.

Of course every one of us has to be social. And when there is a war you have to serve your country. You may do everything for your country, your neighbour etc, but first there has to be your individual development. This is the goal and the meaning of the existence of every person. There has to be an individual development so deep, that in the deepest of the deepest of yourself you are completely independent. The goal of your life is to build up a direct relation with eternity. Therefore when someone says to you he belongs to a group and he identifies himself with them, he still belongs in his personal development to the mass spirit. He shows you only where he stands in his development.

And this is good too don't blame him. Never patronize someone. Every person has his own development. But the everlasting goal is the tête-à-tête relation with the eternal light whereby every person has contact with his own root of his own soul. Every person has his unique soul. There is absolutely no relation with whatever organisation he belongs and in what way he had structured his identity. It is only secondarily. The primary identity has only to do with you and your spiritual root. You and your root, and from your root comes all the creative strengths. You have to have a relation with your root; this is what you have to build up. That is the tenor of the whole history, as well from the individual as well from the whole society. Do you see what I mean?

So first we saw a human being had used his energy in a rough way. He didn't know himself and was only busy with how to survive as we have said about the mammoth person etc. and we see this back also in other forms, in war for example, it is the same. "We are this and we are that..." there is no individual solidarity with the source of their soul. That's why they belong to an organisation group as a mass.

What we see is a refinement and that is progression. More and more refinement, in others words higher and higher in your soul. All what we have discussed so far is only about the inner of you.

Nothing is outside a person, because outside of you there is only the eternal light. Everything is within a person, within you. The whole progression is to find within a person, within you. Therefore you have to go inside, make contact with your energy, deeper and deeper and refine them more and more.

We see symbols of this as a projection of the reality for example: you see a car standing in front of your house, nobody thinks about it. Sometimes there is a burglary in a car etc, but normally cars stays outside and we don't think about it that someone wants to steal a wheel or a car radio. Of course these things happen, but not as much as in the earlier days. What wasn't possible then is now possible. There is still the chance of an attack, but when we go back in history, only a few ages ago it was 'normal' to kill someone here in Europe.

The life here in Europe was terrible, it was barbarian, and the medieval period was horrible, why? Try to see it this way; also this was a projection of the human development. The outside is always a projection from how one lives from the inside. There is a saying: 'a nation gets his leader it deserves'. When people want to be free, want to develop themselves the politics will adjust, although it may seem otherwise, it is so.

Look at other countries which are still in a pre-developing stage, they are in war with another country and does do terrible things to each other, they also have such leaders which lead their people. The politic is there too for to adjust what people want living in that particular country. Therefore it is very important that every being, just as it is happening here in the Netherlands, people have to learn how to socialize with themselves. He has to learn how he can be an individual person.

And the people in the Netherlands are ready. Take for example Amsterdam, is there such a place as Amsterdam in whole the world? All house keepings are individual, separate. It is only the outcome from the process of every individual being. And the next step is; now they have to learn to make the connection with their own root. And now we see this is manifesting. Why? Not time is determined but the people are ready, the souls are ripe for to work at themselves. And only this brings satisfaction, only then a person can come to his ultimate fulfilment. And in this time we are living now.

The refinement of the energies lies within us, our attention has to go that way. Did I make myself clear? There has nothing been changed considering the beings living in the mammoth period. There has been only a refinement of the energies. I use my energy on a higher level, in what way? You can compare this with crude oil. A barrel of crude oil is different from a barrel with petrol; you see a difference in price, in taste, in smell. Compare this with a barrel of Chanel 5 and compare this with the price and the satisfaction.

On the one hand there is no change in reality. The person that lived in the mammoth period always exists. The rough energies are still in tact, but they are the lower levels, as the crude oil. In a way they are still inside of us. Look at someone when he stands still in a traffic jam, or he wants to pass a car and another car stands in his way. Is there a difference? The wild beast rises up in him, comes to the outside, he is too assertive.

There is something I want to tell you about assertiveness; we have to learn about this. In this time everyone want to be assertive, but when we work with our elbows etc, you have to know too much of assertiveness is as dynamite. There is a rule: never become angry, not even with your mouth, because when you become angry you will break yourself; you will break your own soul. I am still teaching my students not to become angry and not only from the outside! You can sit for example in your car during a traffic jam and your face is a poker face, you act if you don't care that other persons block your way while you have to go to a meeting. Of course you feel agitated. Try to arrange something but don't become angry. He who becomes angry breaks everything what he had build up.

Are you still there? Yes? Fortunately. There is a true story about someone who liked to hear himself talking, and he went on and on. Then a person came to him and said to him: "Here are the keys of the room, will you lock the door when you are finished?"

1.3 The laws of the universe

There is an instruction given to whole mankind. Why do I give you this instruction and what is the instruction? And how is the relation between the instruction where I am talking about and is given to whole mankind and what is given at mankind in general? Of course someone can pretend he knows the answer. But no one can say: "I know it, I have the instruction and others don't".

I like to try to tell you something about this. Try to accept what you read or hear. Never there was and will be the intention to bring you to other thoughts. Keep your own opinion but at the same time don't struggle, don't have any resistance in what you read or hear. I can say this to you because I never will try to convince you or lead you to whatever place. So take your chance, this book will have an enormous outcome on you. And you will see in what way.

Listen: everything consists in the special and in the general; it is the same in every person. What is within the Universe is also been given at mankind. And at mankind was given only *one* instruction: *one* instruction for whole mankind. Within we see the function of everything, how the Universe function and how the human being function.

Clear for you? Every human being is as a small world. Every being has everything in itself. And there is given only *one* instruction for whole mankind. Compare this with a fabric where they produce one kind of machinery. How many instructions will there be given for one machine? Only one and not three or more, there can be several programmes but there is only *one* instruction. And it is the same with us, the human being here on earth; there is only *one* instruction.

And I am learning this day and night. And this is given to a small group of people in every generation, and I too belong to this small group, for us it is an obligation to do this. Not that we are better for haven sake, but we had and have to receive this. And they had and we have to keep ourselves busy with this day and night. For the control system of the Universe you have to work day and night. Why, because only in this way you can attract the strengths to yourselves and to

the whole world. It is an obligation one has to do. It took me many years and many travels before I came to this understanding. But it is given to all nations!

From above is given to all nations a very precious thing, we call it in our world the cultural heritage. And this is given to everyone. Look for example to the Apaches, the Indians, and each group had received something, namely his own cultural heritage. It is given to the whole mankind, to every nation, and to every group is given a part, special for them. We see for instance the Christian heritage, the Tibetan heritage etc. And inside Christianity we see all kinds of varieties of the Christian heritage.

Everything has been given, to every nation, but deep inside, in the deepest layer we can find the general instruction given for whole mankind. Why isn't everyone a Christian, a Jew, why isn't everyone a Chinese? All strengths present in the Universe are also in all nations. There is a kaleidoscope of strengths, but behind this there is the **one and only instruction** given and presentable for whole mankind. And I am studying this instruction in the most secret books of Zohar and The Tree of Life.

And now the time has come, the souls are ripe – and this is written too in the secret book of Zohar, that after the year 2000 (according the western calender) for to use this instruction also by them who aren't a specialist in this area, the area of the control system of the Universum. It isn't the intention of me to convert any of you, don't become as I am, it's not the case. For everyone it is very important to stay and behold his own identity.

We already have said, there is the special and the general. Each one of us has to stay true to his own root and keep his own identity, and at the same time adjust himself to the laws of the Universe. This is what lives in every person, and this is what connects us with each other. Each cultural heritage is the outcome of the special within the being and at the same time it is something what makes him different from other people, isn't this great!

But on a higher or deeper level we see there is a part of the person that is connected with every other person. And this is the instruction I'm learning and studying. Every minute is for this study. But the practical part what is for everyone, for every person living here on earth, that is given to

me by way of my great teacher, who lived somewhere in 1500. And this is only revealed nowadays because people are ready for it; we may, will and can use it in a proper way. So far a few words why the time is ripe for the Kabbalah.

I only talk about the pure Lurian Kabbalah, from the great teacher ARI *hakadosj*, the holy ARI. He is the only person of my people who had the name 'holy' behind his name. And everyone accepts this that he is absolutely holy. He was 38 of ages when he died, but he had said everything. And he also said that this method is for everyone. Every child from 9 years old may learn this nowadays, and not only children, it is open for every man and woman and he said this in the year 1550. Far before all the nonsense that have been told these days, that one has to be 40 years of age, and you have to learn everything, and you have to do this, and you have to do that, that you have to have children, a wife or man etcetera etc. and this is absolutely nonsense.

It is open in this time for everyone. And I want to add: in every school they should learn this, a Jews school, a Christian school...because there is no connection with religion, because it is deeper then the deepest form of what personal cultural heritage may exist. Learn, beside your own cultural heritage, the Kabbalah. Look to the letters; the eternal light is behind the letter. That's why our students learn with the Hebrews letter.

But now we go back to the mean subject, try to concentrate, because I'm going to tell you something, you will find nowhere, and there is not one word from myself, I don't know anything, but what I'm going to tell you, it is the saviour of your soul, from whole mankind, from everything. And the time is ripe for you to hear. Even you know nothing about Kabbalah, and it is not important if you are a believer or not.

Every nation has its own cultural heritage. And during the history there were developed all kinds of methods, philosophies, but also a normal method for the spiritual, the function of the human being. In America for instance there was the great Dale Carnegie, during the forties he had constructed a whole social culture training method how to behave with each other. People were very enthusiastic, to be positive, and to train yourself to be assertive etc.

Of course everything was needed, all trainings, all trainings you receive from your employer for how to become more effective in your work. Remember very carefully, I want to add to you something special and this is for everyone. All cultural heritages that are given to mankind are all structured according the strengths that are in us from above to the waist. But beyond the waist it stopped, every cultural heritage says, don't come there, there is the devil. But both are part of the creating strengths within a person.

It is given to us so therefore we have to use it, but people weren't ripe. Beneath the waist 98% of the creative strengths are there, and we use them as...as rough energy. Beneath the waist is the place, it is our base, and inside we can find the sexual strength. Of course we don't talk about sexuality, it has nothing to do with sex. But from within these strengths are similar with the strengths of the Universe, but in such a deep level, not physical of course, but deep within. And the entrance is given to no one; no one can come there and bring some structure.

Now we return to the changes where I was speaking about earlier. What is the whole development of the human being and the individual? It was necessarily to go forwards, further then the mammoth being for to refine the same energies and to use them in a new way. Who was the mammoth being? That was he who hunted and afterwards returned to his own cave or cavern. And when he had eaten and was drunk he took his wife.

Why am I telling you this? So all of you will understand, feel how rude it was. Look for example at a farmer, and we don't talk about persons, not about the farmer walking here on earth, although there is similarity with the mammoth being, first he cattle's his cows and then back to the wife and...that is not what I mean, but in strength. It is given to every person, each one of us has this strength beneath his waist, and there we find the most strength, the qualities of strength, refined. Did I make myself clear? You have to open a box very carefully. It is not the intention to break open the box for to enter. It isn't necessarily to treat a woman in a rude way for to concur her heart. I think you will understand what I mean.

What I'm saying is this; every person has to use the creative strength that is beneath his waist. And this is especially for this time. In earlier days it wasn't so clear. So why is it so important these days? The reality is as an expander. An expander is a thing of metal feathers and you can

pull them with your hands away from each other. In the reality of the earliest days it was easy for the mammoth being to pull them away from each other. But the more we have come in this time; it became harder to expand the expander. We can't avoid it any more; there is no escape from the strength beneath our waist possible, we have to use them. Not abuse them, but use them!

Not only to use them in a rough way, by eating only fish and chips, take a movie and the weekend is over. And then, when it is Monday to rise up, go to work and before the day is over you need a psychiatrist or a social worker. What has left from the creative strengths? Nothing. Did I make myself clear? And when you live in this way life becomes a daily grind. And the solution is not to run away from it, this behaviour is very human. But it is all about how do you do some things, there has to be a certain attitude from the inside. The human being is made for to make changes. And in the west it wasn't fully understood. It was the time of the strongest, he had to survive but now life is complete different.

It is given to me to reveal this to you and to the whole nation. I tell it my students, but outside the study room there is more, I have to go outside and tell it to you, the reader of this book.

When we come to the understanding of the Instruction we will also come to the understanding of the mechanism of every social, biological, economic phenomenon for example the changes in our climate these days. There isn't a word from myself the wisdom isn't mine. I have spend thousands of nights with my so deep desire to find the answers on my questions, and I found them in the most secret books that were given to mankind, and that is where I'm speaking from. That is what I pass on to you.

Let me give you an example, for instance suicide. This becomes more and more a great problem here in the Netherlands. You can read in the Trimbos rapport how big this problem is in the Netherlands. And of course the people in The Hague are busy to develop something, but it won't help. Why not? They aren't familiar with the mechanism; they don't know how it works. We don't have to envy them, it is a hard work, but I would like to pass on the mechanism. And it would be of great help, if they were prepared to listen so they could develop a good policy. And it would be of great help for instance the scientist if they should use this mechanism in their branch too.

This kind of information I will convert in all other subjects in my book over and over again. Recently we saw in the Netherlands a taboo for the first time, namely sex with animals. It was a taboo as it is for all the strengths beneath the waist. Didn't it exist in earlier days? Of course, it has been there all the time. But this was the first time people discussed about it, the relation with animals, and that they will be hurt too and that there is porno with animals.

So we see an enormous problem and this isn't the only one. Does any one of you know how to handle this? No one knows. And this is absolutely not a new phenomenon. How to deal with it? Why, what is the reason for this? By way of the Instruction I could give you some clarification about how the mechanism works. Then the politicians could make a good policy. And it will help. Then we can make a real living Netherlands

Not me, but the time is ripe for to construct a society that may become a living mechanism, just as the human soul is a living mechanism. There is no other way for to socialize with each other then to learn how to love each other. And that is something special, because we don't know what it is to love each other, we have to learn this, otherwise you will not become a whole person, when there is no love inside of you for another being, a human being, an animal, a plant, a stone. It is not only the matter of being nice and friendly. We say 'be tolerant' and this is great, we can learn a lot about this.

1.4 To gain the best of you're self.

It isn't easy to be successful. First you have to let go all the resistance you feel while you are reading this book. Don't struggle, even if you read about things that make you cry, because inside of you there is a part so full of confidence, and now I'm breaking this confidence because now you can grow. Endure it because it is all about you. And the next step is you will receive light that you didn't experience before. Your self will break your ego; no one else will break your ego, when you go outside your ego will go with you. But there is an extra, the primary light will penetrate you and will help you in every situation. It will bring you salvation and in every situation it will bring you to life.

So how will you know this book is good for you that this book will help you for to come in contact with the root of your soul, with the goal of existence? From your inner you must have a wish, a deep longing wish. It is all about need. When you have the feeling ‘I’m okay, may be I can be a little bit better, but as a whole I’m satisfied with myself’, you feel life is good for you then there is no feeling of shortness. When there isn’t the longing for improvement, this book will not help you. But when you are honest to yourself and you will see there is shortness, the book will help. And please, it isn’t disgraceful; never feel ashamed if you see your shortness. And don’t be shy to say: “yes, I’m aware of my absolute impotency for to give.” Not the giving you had learned from your parents, or at school but we are speaking about the true giving. There has to be a desire, so great, so deep that you can say: “I give everything for to learn about the true giving because in this moment I can’t give.” And to be aware of this is already an enormous correction, then you are already walking the way that leads to your own fulfilment.

And all of us are along this way. So, when there is the feeling of some shortness and you see this clearly, and you want to build up for to experience more light, this book is for you. Don’t think I want to promote this book so you will start to read. That is something from our society. In the society one goes to a doctor, a psychiatrist or who he may be, and you pay and he will sweeten your problems, because you are the customer. But here, in the Kabbalah, it is quit different. Think about this, there were students who find the first years terrible. Why? Because they saw more and more of their shortness, not from me, but it is the Kabbalah Himself that shows the shortness in a person, because when there is no experience of your own shortness, there will be no light, there will be no progression.

Where can you receive the light, the satisfaction? How is this possible when you feel yourself great and satisfied with yourself? Of course, on the one hand there has to be some dissatisfaction in what you have, but is it necessarily to be thirsty, hungry for to experience shortness? What kind of shortness? Never compare yourself with your neighbour: “I have only a second hand car and my neighbour has a new Mercedes” or something like that. Never compare your life with the life of your neighbour. You have to come in a tête à tête relation with the light, with wholeness. That is the only contact you have to have from the inside of you, and then you will feel of course shortness, that there is still imperfection.

So this is the most important thing: and not sitting in the lotus posture and feel how great you are. In contrary, every day you feel the misery grow. I have to speak to you in a direct way. When you start working with this book, there is the chance you will feel horrible, because you will see yourself, and you will come to the understanding there is only the egoistic receiving, the receiving for oneself. And with this attitude you can't come to improvement. And when there is still this attitude, you are standing your self in the way. And by this attitude of "I want, I want, I want..." and you can't give up this attitude, I can't help you. Then this book, and no one can help you.

Of course it is normal that you have some trouble with the idea you have shortness, in other words there is some evil within you. But as it is said before, there are two strengths in every person and in the Universum. You can find them in you, from your head to your waist, these are the strengths we name the good inclination. Here we see the structures of all the cultural heritage of a human being. And from the waist to below, we see the bad inclination of a person. And we have to learn to deal with both of them. How? No one knows the answer. It is only given in the One and Only Instruction. How can I receive the light from there? Your parents, your teacher, and the cultural upbringing they all told you: "never touch that area because there is the devil".

So how can you work this out? From below, the point where the bad inclination is, it is forbidden to attract the light in a simple way. You have to know that from you waist to below there are the most of your strengths, your creative strengths, and these strengths give you life. And you have to learn in a very specific way to bring up these strengths and then when you have come above the waist, the place where the good inclination is, the good in you, there is the place for correction. Besides these two strengths, the left and the right, we also see the middle line. By way of this middle line you bring it back to below. In other words, your upper part is light, and the part below, under the waist is the area of darkness. And both are constructive, both are structural necessarily and both are created.

There has only been the creation of the light and of the darkness. The good and the evil are created. While the cultural upbringing says: "no...the evil..." of course he who is a child has to speak in this way, but when a person has become grown up, a real adult, he has to connect these

two lines with each other. Both have to serve the good. And that isn't easy. In a way this is all what matters.

My students are now learning for three or four years now in my school. It is not that they are enthusiastic, because enthusiasm is quite different and you can't talk about enthusiasm when you are working on and with yourself. It is all about the awareness of your own good and bad sides, and that there isn't an escape in the wishful thinking. It is absolutely wrong to say for example: "In the after life I will receive it, but not here on earth", because man is made for doing the work here on earth and not in the after life.

You can't buy yourself off for the after life. Don't think it is possible to buy off a sex scandal. You can't buy anything off! Do I make myself clear? And neither your cultural upbringing can do this, neither with money or whatever. It is all about your personal work on yourself. Become consciousness about this. Therefore working with this book may seem to you horrible. But it is my obligation to talk about this right away so there will be no grudge afterwards.

In the last six or seven years, now and then I give lesson at celebrities at home or by way of internet, you can see this as a personal guidance. Why do I do this? Because celebrities are the one who can't go anywhere. They can't go to an ordinary place just around the corner. You can see them often on television or are famous people in politics and of course they want to keep themselves low; they don't want to show their feelings to others.

When you see a person on television, he may look so self-confident, if he knows everything. But for him it is very hard to ask for help because he is so full of shame. This is the case in the Netherlands. Not in America, there you are someone when you learn Kabbalah. In Hollywood for example it gives you some status. And that's also the reason you can't find such a book as this. Many of the books you can buy all over the world are only there for to make you feel good, and that is not what you will find in this book, because if I should do so, the most secret books would be closed for me, I would pay with my life probably. So, here is no time for comedy: not for money, not for celebrities etc. everyone has to make his own choice.

One day a celebrity came to me, he is the reason why I'm telling this to you, it was very hard for him to make himself small. He is in show business and is very famous in the Netherlands and over the entire world. I had to make myself so small because if I shouldn't do that it would be impossible for him to go forwards. He was so full of himself. Although there was the longing in him to make himself small, he couldn't do it. Can you imagine? Such a self confident man.... and then one day, after let's say 60 sessions tears came in his eyes.

He told me in his whole life he hadn't cried about or for anything. He was a fighter and a winner, but only of course in the material and now he wanted to have a real life. He said: "Now I feel life in me." Nobody did succeed, neither did I, but when he was with me, and because I made myself so small... small in the sense of helping him. Not the "I", but in a way I can make myself transparent and while I was speaking with him, I took over all his pain in an intuitive way and brought them up high. From the outside you can't see anything, but from the inside I brought it up high. And then the strengths will come down, for him, not for me, but I will profit too.

When I make myself small and when the other is very proud he can't communicate with me, and when he adjusts himself something will break deep within him. It is if suddenly the real person comes forwards, if his real personality steps outside. And this was new for him. He went to the mirror and touched himself: "Is this me?" It happens. It is beautiful to see whereby even prominent people, celebrities become human, in harmony with themselves.

It sounds great, but you have to know you need a lot of effort. You have to know that all your 'bombast' once was there for to identify yourself, for to build up some structures in your self. And now you are going to learn to break them down. Of course, nothing disappears, but you will come deeper and deeper within your own structure. And without following me, but you start to know who you are, you are going to learn about your own true inner self.

Within you lies a great adventure. And when we say within we also mean from the outside. Only then you will see your needs. You can't avoid it. When you want to structure your life, you have to start this adventure. And within this you will come to a real understanding of yourself and of other people,

At the end you will come to the understanding that all the work is to overcome your own nature, your earthly nature, and to come to the true being, your inner being. Experience all what you have read, feel the bravery in yourself and it starts to help you.

And now start The work!

Chapter one

1.1 What kind of medicine do we need?

The more badly the sickness the more powerful the medicine has to be. This is why we need nowadays such a powerful medicine against the advanced self-love. What is the difference between the mind and the body, after all both wants to receive for them selves? The lower mind wants to receive for himself at the level of thoughts – for instance through calculations. Thought is the first stage of a wish: calculation. The heart is somewhat heavier then thought; it creates a kind of feeling and searches for devices to fulfil the feeling: so we see there is the intention and effort. Through the action the thought only becomes an aspect simply fulfilled with our hands and feet, because the intention of the heart is different.

Shortage is a powerful strength. Suffering is the consequence of an unsatisfied desire. This suffering becomes the strength so now you are willing to do everything for to fulfil the desire. When there is the experience of suffering, go deeper in yourself and find the source of your suffering. It can be a hurting finger, the loss of a beloved one etc. all of this is suffering, but it is the result and not the source of your suffering. Look with your inner mind deeper in yourself to what the source is, the true desire is the base of your suffering. Don't run away, but look at it and see what the source is; now you can start working.

Every person has to come, one way or another, to his lowest wishes before he can come to the inner being. Of course using the lower wishes is part of the existence of mankind, but after that he has to keep himself busy with his inner. Why? It is the goal of existence. People can't choose this for themselves although it looks otherwise. **Every** person will come to his fulfilment, and all his creative strengths given to him, will be explored. There is no escape, although we can't see it right now. When someone doesn't want this, he is as a child. Can we say to a child: "Do this, do that", no, a child wants to play with his toys and can we blame him?

It is the same with a grown-up person; he also plays with his toys in an imaginary world, he lives in his fantasy. But no one can escape from it. The faster we do this the better. The Kabbalah gives us a way to reach the finish as soon as possible. Just as running a marathon: someone has already reached the finish, and another person is just half way. When you are learning Kabbalah and follow the instructions you will reach the finish earlier.

Suffering hasn't to be a part of your life. When you apply the Kabbalah in your personal life, you don't need suffering, you are way ahead of the suffering, but this will need time and effort: effort to make choices. How can a person deepen his intentions? How can we deepen our intentions and see if they are going along with our personal goal. For instance: there are two persons and one of them wants to give the other a loan, say John and Edward. John sees Edward needs money and he wants to loan him the money, but Edward doesn't have a guarantee. John has to loan the money at Edward in full confidence. He can say: "He is my friend, I love him, I trust him and I want to give him 10 pound." His confidence is worth 10 pound. Or for instance John trusts him and gives him a 100-pound. His trust is worth a 100 pound. Or suppose John says: "I trust Edward so much, I give him the half of my property", meaning he has a huge confidence in him. Suppose Edward doesn't give him back the loan, it is possible too. The love for his friend is so big; his confidence is so huge, greater then in the first example. There is another kind of trust, a trust of 100%. Meaning someone is prepared to give everything without the knowing if he will recover it. This is named a complete faith and confidence. And in the same way we have to look inside ourselves because only with the last example we can achieve the optimum!

Am I prepared to give from myself? It is exactly the same. Is my faith enough for ten ponds? Of course not in money but in strengths, wishes and in everything I think I'm. Am I prepared to give from my 'I' completely? This means, making myself as an embryo in the womb of the light, and to give, from my deepest point, the full confidence. Am I prepared to give time, every week, every day, to invest in my personal goal?

Don't look at others. Because if you do so, there will be nothing to be remembered from all the things you had heard during the lesson. From the inside we are connected through invisible treads. Always look at your self. When you say, "I don't have time" or "I have to pay so many bills", you let fate decide what is going to happen. When you say I have only a quarter of time for

Kabbalah, you put yourself in the hands of fate and let others say what you have to do: the community, your wife, children etc. there is always a way to justify yourself and say: “Now I don’t have time but next week I will have more time”. Never let yourself be influenced by outsiders, give time to your inner. This is your life. It is all about you. It is the only way for to come closer to your self. Don’t give others the opportunity to say; “Do this, do that”.

There are two elements in the study and the practice of Kabbalah that are important: working at your personal optimum development and study. Here study means study for your inner, or in other words, your intentions. There are two aspects: quantity and quality. How much time per day, per week, per month do you spend at your inner being and how is the intensity. It is possible one person spend the whole day at his inner being, while another person hasn’t the opportunity because he is busy with his daily life, so he may receive the minimum he need in this life. May be he isn’t as clever, or bright, and he doesn’t work with his elbows. He needs 12 hours per day to provide his maintenance. Perhaps he has only 15 minutes of free time per day or even per week.

Because he has less time he has to work different then a person who can work 8 ours at his inner being. Qua strength, if he is sincere, it will be seen as very powerful although he has little time to spend. So he can do in his little time more then the person who is working the whole day at his inner being. We can’t measure this work in absolute term. The little he has, given at him by nature is used fully, because the light sees a person quit different by his strength then we do in this material world. We are looking at how many books someone has written and how many congresses he has visited. But in the real reality, meaning the inner, the intention and the goal he has set is far important. Consider; everything is relative.

To understand Kabbalah and to apply Kabbalah it is necessarily to eliminate your thinking, meaning making yourself small from the inside. Don’t make comparisons with what you already know. Kabbalah doesn’t speak about our world although we have to use words of this world. This is an original method; these are the instructions for the optimal use of the laws of the Universe. Your outer being has nothing to do with the Kabbalah. You see everything through your five senses, but the Kabbalah speaks to your inner being. They are flashes of light, coming from the inner higher world. Kabbalah teaches us how we can come in agreement with our inner being. If you want fulfilment, your qualities have to be in agreement with the laws of the Universe; only

then you can understand yourself and your inner and develop it in an optimum state. We already have everything in ourselves for to come to fulfilment here on this earth.

1.2 The inner and the outer

Before we continue it is very important to explain the structure of the human being. The main principle is: everything consists of two parts – the inner and the outer. The outer being only lives according the laws of the lower material world. For him everything is in the name of ‘I like it or I don’t like it’. Things he doesn’t like – certain situations or he has to make unpleasant decisions, he rejects them right away and sees them as evil. And the things he likes, he really wants to do, he wants to have them and consider them as good. But the inner being behaves quite different: it sees only the objective, irrefutable laws of the Universe. For the inner being everything is true or a lie. These two aspects push the inner being in the doing or rejecting. Therefore only the inner being can react adequately on the true signals in his life and therefore send him into the right direction. All of this according the law: agreement in quality.

1.3 Don’t struggle and disconnect your power of reason

It is written in the secret book of Zohar that from the year 1995 the pure Kabbalah teaching will be understood by the mass. Only through the inner being we can have a relation with the laws of the Universe and the physical human being, there is absolutely no other connection. When you can feel this, you feel the laws of the Universe. This is what has been given to the inner being – the strength in every person what makes him striving for wholeness. You can see the inner being of a person as an unknown country; you have to learn how to live there. When you follow these Kabbalah trainings you need the attitude of a child, meaning a curious child who is eager to learn the extra dimensions, for to explore the true inner life and to live that life. This will give meaning to your life and all your aspirations will come to fulfilment.

Make yourself small. Don’t struggle and disconnect your power of reason. Don’t be afraid and frenetic from the inside. It is impossible to lose yourself. Open yourself for new dimensions. Give yourself this chance. Let it happen to you. Nor the Kabbalah training, nor the speaker, speaks over the commitments with the outer being. You already have learned this since the day you were

born. This is not why you are here. The outer being is only the outer appearance; it has nothing to do with you. In this Kabbalah training we only are speaking about the inner being. Everyone has his own inner being, in other words, strengths that are working and active at the top of the system.

First, a person scatters all his creative strengths in doing non-issues things; the uplifting and holy sparkles stay in him for what they are worth. Eventually the inner being has to bring the sparkles of the good to blossoming, the best of the best, to let them come out and bring them in the most intimate place of him, in his own personal sacral place. There is only one place where you can learn about your inner being: it is within yourself. Search for this place, reach out and explore, let it become involved in everything what you do. The goal is to reach for the inner agreement in qualities with the inscrutable laws of the Universe. If you want the best out of you, you have to learn to experience your inner being, because your inner qualities are in agreement with the laws of the Universe. Then you will experience the world is not as bad as you thought before. There is absolutely no punishment, only reward.

Chapter two

2.1 Who am I?

The 'I' is the inner being. When you study the laws of the Universe, you will discover the inner being in yourself. The inner being is the part in every human being that is striving for wholeness with the laws of the Universe. There is only one-way for to come to fulfilment: through the way of the inner being.

It is said: "No one comes to the Father then through me" – meaning through finding the inner being in yourself. As long a person shows his outer being he shows us he is still a child. In this generation we have come to enough egoism (in a positive way) so now we can strive for the ultimate development. This is the first generation ever, with exception of a few disciples in the past, which has the possibility to follow the way of the inner being. In everything you can see the link between the inner and the outer, considering each other. High means closer to the light, distinctive. Low is further away of the light, rougher, material.

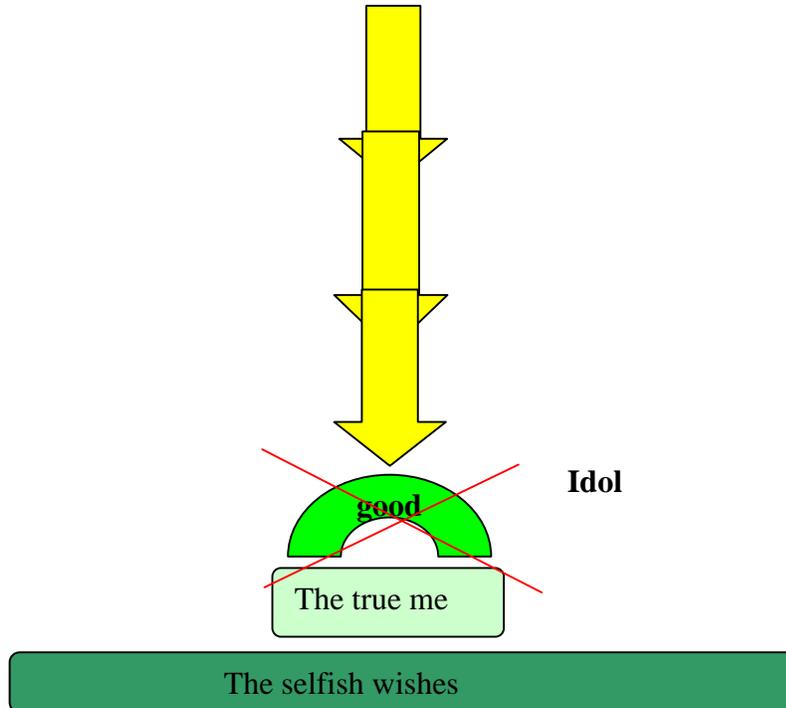
Draw. 1 The higher structure as an obstacle to the light

Phase I: because we are placing someone between our inner being and the control system of the Universe, we don't receive the true help of the light and therefore we stay in our own misery, what we are doing to ourselves.

Phase II: By way of our study, the control system of the Universe and our inner work, the image of the mediator disappears. Now he can see the shining of the true Source, of the perfect wholeness above himself. Through this he will see clearer his own egoism and experiences this in a clear way, now he can make a true and direct request for assistance. Only when the inner being has reached the critical mass of his intensity and quantity he will receive the right answers. There is a law telling us that always a higher step, in every condition, shall help the lower step, therefore he has the guarantee that he will be helped from above. Only the lower has to be aware he will not make damages here below, for instance because he isn't ready yet.

Light

The true impulses are given here



Instructions:

1. Learn there is no good in you.
2. Don't be discouraged.
3. Stop thinking at yourself.
4. Delete the 'good' what is above your true me, then you will see the true light. You experience the 'evil' in yourself and you will see your own shortcomings.

2.2 The inner structure of the human being on earth

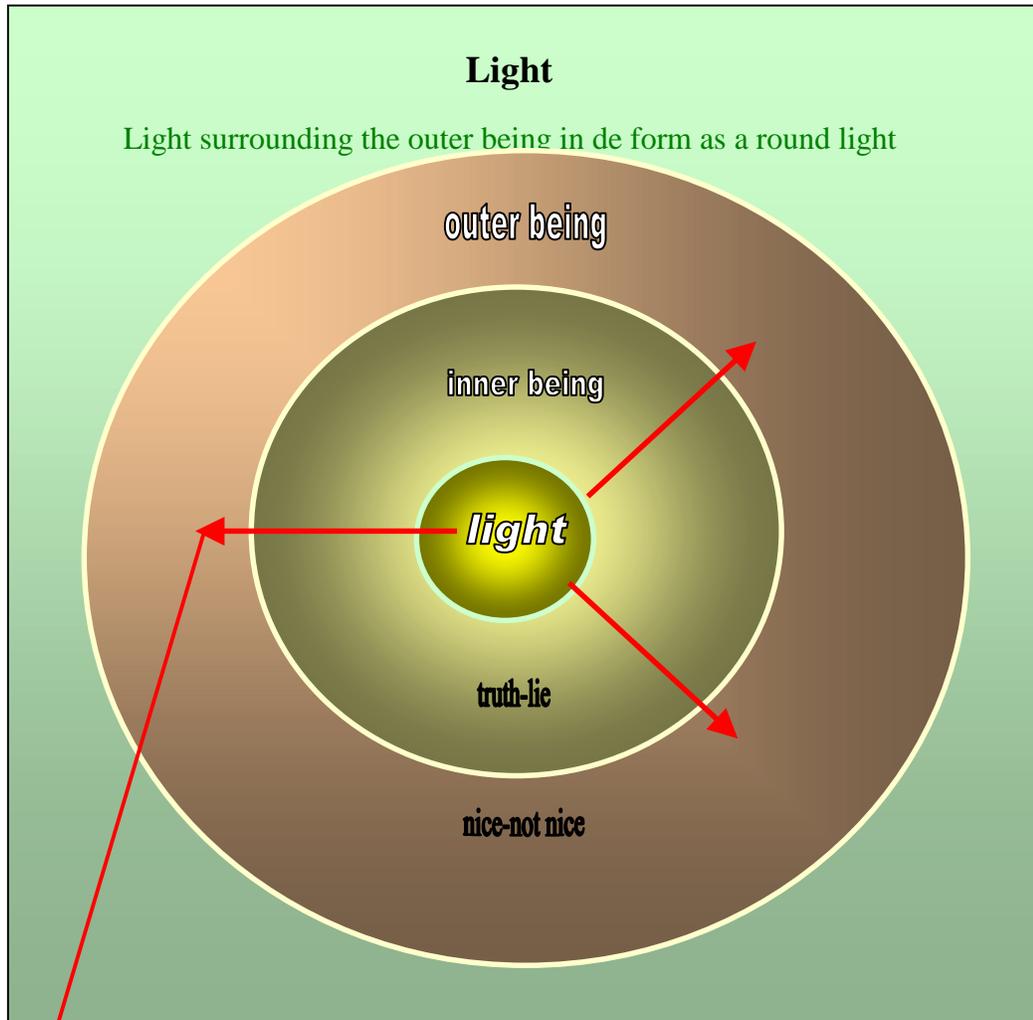
This structure is to compare with the layers of an onion: In the centre there is the shining of the never-ending brilliant light. It is a scattering of the light that is deep within you, the deepest of the deepest. This light has the quality of absolute unselfishness, scattered in the Universe and in strengths pictured as a ladder. The more you go inwards, the higher, closer you come to the source, your fulfilment. The more you go to the outside, the lower, rougher, further away of your true self, embedded and covered with filters. This light is in every human being, but are we enough developed to experience it? It is given to every person for to experience this light sooner or later. Only the Kabbalah training will shorten your way.

What follows around this light is the inner being. This is the zone of the good in a human being. Then we reach the zone of the good and evil, this passes the inner being. It is a neutral zone where one can feel these two powers.

The zone of the outer being follows the zone of good and evil. It is not the flesh; they are the layers of his outer perception. The inner part of the outer being is the story, the breeding, the culture upper building, the values of the community in every kind of way, nation etc. This can't bring us to fulfilment.

At the outside we have light also, it is the quality of nature. It is a heavy and rough surrounding light, we can only experience this from the outside. Everything I experience is inside my skin; it is the reaction from my senses of something around me.

Draw. 2
Structure of the human being
Represented in layers from within



The light shines within the entry cannels of the inner being, and by way of these cannels to the outer being.

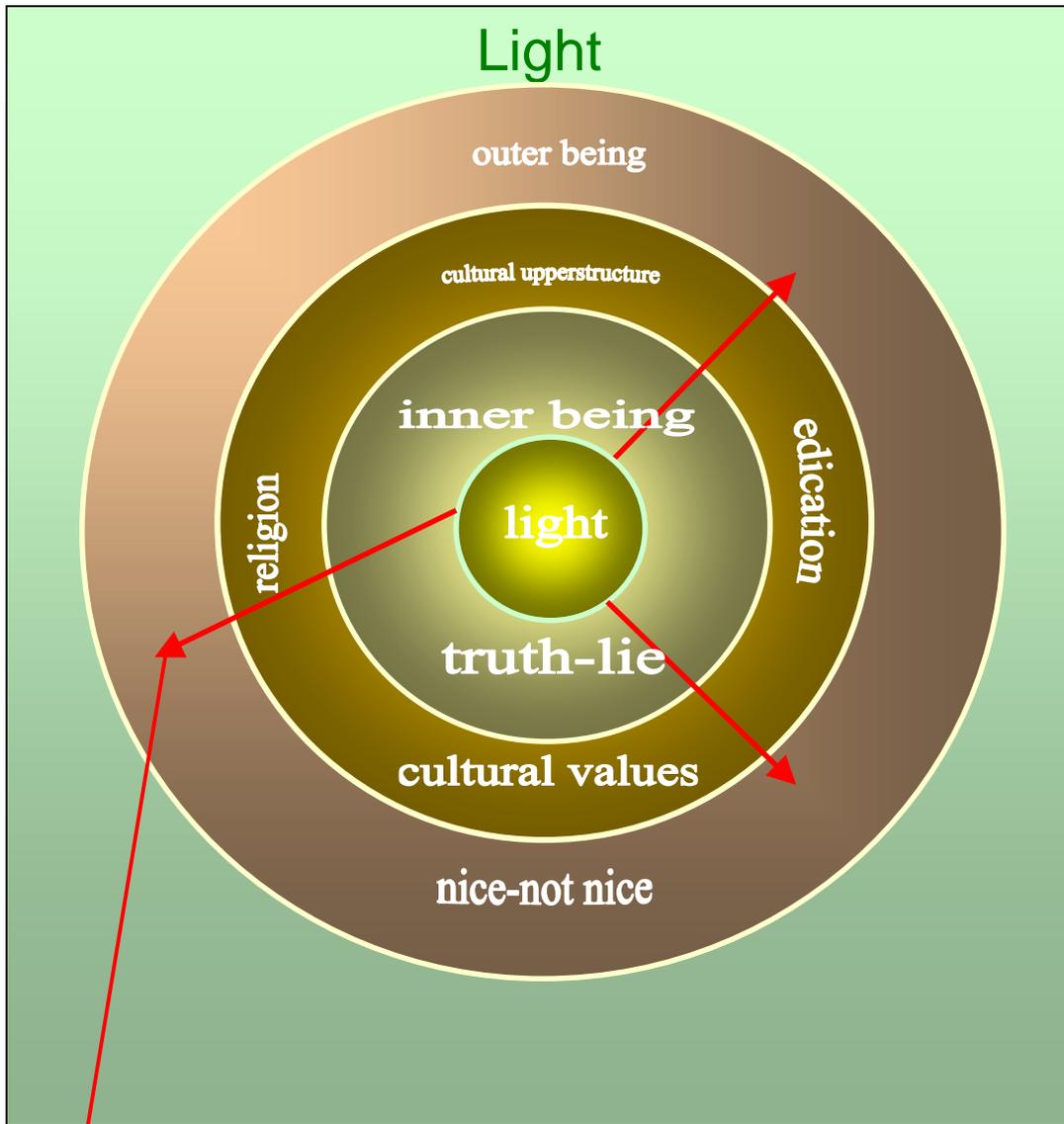
2.3 Where am I?

My story is at the inner side of the outer being. In the Kabbalah training we don't speak one word about the physical human being, in contrary, we only speak about the inner correction of a single person so he may come in agreement with the laws of the Universe. All other things are written in the form of a story. Without severe rules or inquisition probably we would have been still wild beasts, but it remains a story of the outer being. There is no connection with the inner, true being. You are choosing in a fictive good and evil, but it is not you're good or evil. It is only a production from your adjustment with the outer world, in one-way or another. And where's your true self? We can't come to the perception of our good and evil because we still believe in the story given to us one upon a time, this story has started to live his own life within the inside of our outer being. The inner being feels the inner. We have to come through our outer being for to reach the inner being. During this whole period of the Kabbalah training the teacher directs himself only from his inner being to your inner being. When you have come to your true insights about yourself, then you can feel your own good and evil. Before this all happens, you are a child of nature, may be a child of 70 years, but still a child.

Draw.3

Curtains of the cultural upper structure

Represented in layers from within



→ The direct light penetrates the inner being and passes through to the outer being.

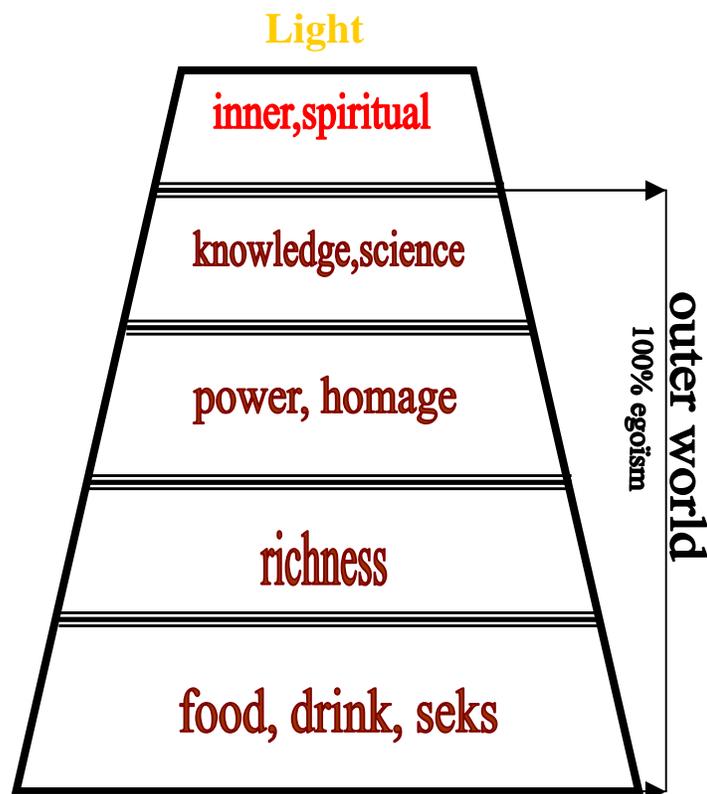
2.4 Were do I find my true me? Where is my free choice?

It is not the light itself we experience. It is the scattering we experience through the inside. The inner being leans against the light; it is the zone where we can experience the absolute good. The outer being is the zone of absolute egoism. "You shall not kill", is a law of the Universe. It will darken in the case you will kill someone in this material world. It is good to remember the stories you once have heard. They were basic, but mostly for the outer being. Culture won't lead you to fulfilment. Of course we had to experience it, but now you have reached the moment for to experience your true self and to make the best of your life. Go inside, break through the story, you will feel a huge piece of undefined feeling.

What if this feeling wouldn't be there? You can compare this with sitting at the royal table eating only fish and chips while there is so much more. You don't taste the true meal. Till then you are an organised animal. You can become a true human being only when you reach your inner part. As long you follow the story of the outer world, you follow your outer part with your five senses, like an animal, with the striving for food, drinks and sexuality: accordingly there is the longing for richness, and then the longing for power, eventually reaching for the ultimate of the material wishes, science.

Draw.4

Four kinds of wishes in the human being in this world



There is only one thing that structural forbids us to go inside and to come to fulfilment: the ego. All the slogans of ‘take care of your neighbour’, ‘make the world a better place’, are all within this egoism. In the Kabbalah training you will not hear ‘make it better’, but ‘make it living’, as well in the individual as in the community. If you live according the story and think you may love someone, from the inside, for your inner being these are meaningless words. It is the outer being who loves this story. He is full of egoism and therefore he hasn’t any sensitive organs to be aware of his inner being.

But it is possible for every person in our generation to be shaken up. Rehabilitate. For us euthanasia is human, but it is an idea from this time. When a person is in a coma, he is still alive because his inner being is still sparkling. The outer being never comes to fulfilment; this is the part you have to go through. When you still believe in the 40 years of living in the desert, meaning the physical, you are still a child. The work is within the inner being; you have to search for the inner truth deep within you. With only the mind it isn’t possible. The outer being is egoistic in his awareness. He has no free choice, he is dependent of his culture, school, his place of birth and the food he eats and drinks. This is not the way to penetrate your inner self or to come to your fulfilment, or may be very slow. The teaching in the Kabbalah is a faster way for to come to your true being.

The inner being of every person is good. Through the corrections I can come to this good and there will be a melting with the light of the Universe. There are always two strengths in the creative strengths. We can only learn the good by way of learning the evil. The good starts when there is a sacrifice for something what is outside myself. From this point, which we call the slavery of the physical body, we come to the border of the so called egoistic receiving and the true giving, and not to your imagination of what you may think about receiving and giving, because this is only for yourself. This zone ‘the giving and receiving’ is human. Here we find the resistance and the work one has to do. It is given by nature one has a huge resistance for his true existence, because the inner part is much weaker then the outer part. To give seems weaker then the egoistic receiving, but the weaker parts will eventually victory. It is good to repeat things because every day you are another person, regenerated.

2.5 Where are my wishes coming from?

Before we can answer this question we have to tell you a story about the existence of the Universe. How was the Universe made? First there only was Light everywhere. There was no place for something else or for shortness. Everything was Light, perfection, filled with wholeness. Then the Light wanted to create something. He wanted to become well known, his qualities and eventually the creation should become just as He is. Only when you have the same qualities you can experience and make these qualities your own. Meaning, when you make something your own then you comprehend it. Only from this point you can have a relationship. A quality means a certain strength that is in the Universe. Everything is necessary and good. When you know the construction of the Universe, you will receive the radiation that gives you life. It is you who attracts this radiation and the whole world provides from it. In this way you pull the higher, thinner strength to this world. It is invisible for our eyes but it will be spread out all over the world.

In what way can there be a creation when everything is perfect, whole? The Light had to pull itself back, in what would be the central point of the Universe: our earth for example. The Universe is round, just as the earth because a round is a perfect form. So there was an empty place, meaning there was no light. And this emptiness is darkness, shortness. Then the Light comes inside again, only now in the form of a little shining, not in the completeness as before, otherwise it would have been as in the beginning. After the light had entered the empty place, it spread itself downwards in a very gradually way. Every next spreading was of a thicker light. And this thicker light could receive the former thinner light within itself.

You can compare this with the principle of a fountain. In the centre of a fountain you see the highest yet. The water falls around this yet and reflects it to above. The reflecting water doesn't come as high as the first yet. Compare the interval of the light with this image of a waterfall. The light loses his strength after the collision and stays beneath the source, from where it came from. For example it falls from a height of ten meter downwards and throws back up only seven meter. There is no force in this emptiness that can receive the light. It is an adaptation; you can compare this when you have to adapt your eyes coming from a dark room into the light. The material

world is so small compared with the receiving of a very little ray of light. In this way all the wishes arose in the world – shortness of light in what kind of form ever.

So what has brought the emptiness?

- **Limitation**

- **Causality**

- **Antithesis**: for example: light – darkness, full – shortness, day – night, man – woman, Good – evil etc. After a while, when the worlds come to developing, the human being will be in agreement with the light so there will be a relation between the human being and the light. You can see this as positive and negative. Wholeness is good: it is light. Evilness is bad and darkness. But remember, one can't exist without the other.

- **Emptiness**: meaning the wish for the light or the filling of what once had been. A wish is a place where the light can enter.

2.6 The ambition for wholeness is within the goal of the Universe

You are free to believe in knowledge. It fills your ego completely and you come to a complete independency, as far away as possible from the light or life and your true goal. It will continue till the moment you see how ugly, how empty you are from the inside: there was, is and there will never be a person who can have some good in himself by himself. We experience loneliness and there is a structural disappointment, a feeling of having enough from all the egoistic receiving. This is the point where we start to cry and to strive for the connection with the light, but only from your point of view. It is not the intention to overload yourself with the light because then it will blind you.

It is a tradition to believe every being has inherent something good. Persuasions begin with what is good or evil. But there is none person ever who is good inherent in him self. And though it is good to have the attitude of thinking all others are closer to their goal than you. It protects you for pride. Consider everyone as having more qualities than you have, but never make a comedy from it! Inherent there is no good, only what has been withdrawn from the centre was, is and will be inherent good. And this happened from the ex nihilism, from nothing. The light had withdrawn itself from everything. Imagine: everything is filled with light and accordingly see the light has

gone away completely. You will see an empty space. And in this space we will look for the next step of the light.

The material atmospheres forms a layer from thickness to the thinnest layer: earth, atmosphere, troposphere, stratosphere, ionosphere, magnetosphere till we come to the layer where the true source is of our inner being: the spiritosphere. These material spheres are millions of years old. When we pass the limit of 300.000km/sec the material changes into a point. There is the spiritosphere – the source of our inner being – the point where all the good pours out on you.

Space travel can't reach this point. Only when you work at yourself through the Kabbalah training, for instance when you live according the four commitments, we can come to this sphere. Through the development of our inner being we will come to fulfilment. The 6000 years of correction are periods of corrections. The 7000th year is a pause with the necessarily transformations. And when there is the 10.000th year the ego or the evil has disappeared completely from this earth. Death will no longer exist.

2.7 Four categories of the human being

There are four categories within the inner progress of a human being that are in agreement with the four forms of existence in nature.

1 - Stone or the lifeless nature: this is the quality whereby every member of a group has nothing in itself, nor personally or independently. He is without any inner personal movement: he is as a stone. He has no freedom or powers over him self. He finds himself completely in the power of nature and unconsciously he fulfils the program what is within him. In these conditions he is in his most outer part of his outer being. There is no perception of what kind of layer of his inner, absolutely none. He has only the wish to receive for himself.

2 - The plant or the vegetal nature: in every member of this group we see the beginning of an independent wish. He has the possibility to do something accordingly the wish for to receive. For example he could do something without selfishness, to give, which is in contrary with the wish to receive he has from nature. Now he experiences the strength of the zone of the good and evil, but he lacks the personal strength so mostly he chooses for the evil that is within this zone. But now he experiences the choice as his own.

As we can see in all the plants on earth, they keep, although they can change in height and width, one speciality: they have to accept the nature of all the plants as a collective. It is to say: he has to follow the laws of the plants. He lacks the strength to do something against other plants. He hasn't an independent life. His life is to be part of the lives of all the plants. They have one style of living. In a way they are one collective plant, and every plant is part of the collective.

In contrary with the inner part of the human being which has the wish to receive egoistic and the will for victory. He is in a state of slavery according his surrounding and he hasn't the strength to stand up against it. Although he works with the wish to give he also has the wish to receive. His attitude is: when you scratch my back, I scratch yours. There is an inner progression but too small so he stays dependent of his surrounding who tells him what to do.

3 - Animal or animal nature: in every member of this group is planted an independent quality. Every animal has his own speciality. He is no longer in the situation of slavery of his surroundings. Every member has his own perception and his own quality. In this phase of 'animal' he can go against the wish of his nature and work for to give. Now he is no longer dependent of his surroundings. He has a personal life. His life doesn't depend of others. He only feels the here and now and his personality within it. But the only thing he can do is the observation of him self. So he can't take care for others. He can't imagine what another person feels. He experiences all the layers of his outer being, the zone of good and evil, but now he chooses mostly for the good from this zone. His freedom of choice becomes more and more, although he hasn't control over his emotions and thereby falls in the evil.

4 - The speaking or human nature. Here we see a lot of advantages:

- 1) He does do things against the wish of his nature.
- 2) He isn't dependent neither of his own species nor from the surrounding, just like the plant.
- 3) He is aware of other people so he can take care for them. He suffers when his surrounding is suffering and he is happy when they are happy.

In this phase the human nature can receive as well from the future as from the past, while someone from the animal level only has his awareness in the here and now and only from himself. He experiences all kind of layers of his inner being. But he hasn't the right attitude to collect all the good of the zone of the good and the evil. He searches now only for the good and brings it within his true inner being. The measure of his own choice is growing although he falls now and then. He has his goal and follows it by way of going above his reason for to reach the wholeness. When all the corrections are done, all the sparkles of the light are collected, he will come to the high light, to his own personal everlasting correction. Now he is in agreement with the laws of the Universe.

2.8 Four phases in the development of the human being

Phase one: The phase of the just born. This is the outer being with the five senses. This stadium can last for many generations. Beings in this phase have no feeling for the true I am within their self.

Phase two: suddenly he experiences in him self the so-called point in the heart. This is the epic centre of all the awareness of the soul. With this experience of the point in the heart arises the true being within the person. From that moment he starts searching for his true self. He goes to the east. The outer being is the animal soul and lives only with his senses. He wants to receive 100% for him self. He can't see other people as true people, because he can't see his own true being in him self. To follow the Kabbalah lessons is a start.

There is no advertisement for Kabbalah, because for outsiders there is no Kabbalah. Of course, for the light all these people are good. The light sees from the beginning to the end. The human being is good but not developed yet. He can't see the light in himself. According the laws of the earth someone can be guilty, but according the inner laws it can be quite different. If you have the true wish for to go forwards, stay with one partner, don't make the time of your correction unnecessarily longer, one partner is enough. The more you are doing it with several people, the more proof for the longing of outer love or childish affection.

You never can give with your outer being; there is only a giving with the inner being. "Love your neighbour", isn't about the outer being but about your inner being. We are prepared to do everything for the outer being, but without the use of our inner being it is absolutely worthless. Learn to give at your inner being, only then you can give at others. When there is the giving aspect from the outer being you are dwelling because you are still thinking 'this can happen to me also', there is always a kind of receiving for your self.

When you give, be aware who wants to give: your outer or your inner being. When the outer being is the giving part then there is corruption for your surrounding and for the world, because every creature has to work independently on him self. There is only a giving aspect from the inner being. The light doesn't see gifts from the outer being. This is only a game: it is all dwelling. When you are still longing for the wishes of this world, such as food, drinks, family, richness, power and science, then you are living in absolute egoism, in a phantasy world. You are wandering considering the point of view of your true self.

You can't reach the point in the heart through egoistic wishes or gifts; you have to work at yourself. This is the moment where the searching begins. It is the point from deep despair, and this despair is good because now you can come closer to the light. You have to come to the deepest despair ever, only then the true wish for the absolute light arises. Don't walk or try to escape from it. The outer being lives with the lower forces in his sensual aura, but this is not the way for to come to the true light. It is a dwelling. We have to build up an empty space within ourselves.

Despite the special things you are doing: sitting in a pose of the lotus at the riverbank and to let down the incentives by way of the anus, it doesn't work. Or sitting in a closed room for many

days with a lot of scorpions, and be alive after many stings. Or those who are deep buried into the ground and still alive, what they achieve is the condition of a stone, like the earth. Awesome!! If you want to see the light, you have to come in agreement with the qualities of the light and not with the qualities of a stone.

First you have to learn to give without the wish to receive something back. Then you are ready and you can start working at your growing process, meaning the everlasting fulfilment. Sacrifice your outer being for your inner being. Whatever you are doing with your outer being, it won't be written on your account of the soul, the account of the true everlasting merits. When you have died you come in the so called after world. In the after world there will be only one question: **what have you done for the inner being?** Did you live according the story or according your true I am? The process of rebirth is within you and starts with the experience of the point in the heart. Start with the words: "Nothing in me is good", with these words you make yourself receptive for the light. Light is everything what we can and will receive. But there is only one restriction, don't receive it for yourself but with the attitude for to give, because if we do otherwise we are dwelling, and at the end of the dwelling we will come to the insight it doesn't satisfies us.

Everything what exist consists of two strengths: the giving and the egoistic receiving. One is born with the wish to receive for one self. That is our nature, the egoistic receiving, so what is wrong with that? Why does it concern me? Overcome my nature – how? By striving for your inner being. In the light there is the idea and the strength to overcome this nature through the aspect of the giving. Through this you can come definitely to fulfilment.

There is no cancer in the Kabbalah. Cancer grows in these cells that are not in agreement with your inner being, when there is no awareness of the inner being. The light shines always but there is no experience from your side. All healing comes from the light, to yourself and from within. Nowadays we only think in terms of 'what medicine needs a person for to cure him'. But when you start to learn the laws of the Universe and live according these laws, the light comes to and in you. Cancer means there is no shining of the light within you. The outer cells – the flesh is now living for its own good. The more you learn to give, the more life you receive. This is the

consequence of the Kabbalah teaching. By wearing red cords around your wrists helps only the salesman.

Phase three: The point in the heart is growing. The inner being always gives first gratitude or grace before he eats or drinks and in whatever he sees. By doing this you avoid the judgement within you. You can only victory over your outer being by building up your inner being. Then you have the control about your fate. Astrology says something about the outer being. The point in the heart comes from the inner what is in agreement with the laws of the Universe. This is the beginning of to see the whole picture. And you can only reach this through the inner strength. No goal what is outside of you can control you.

But remember there is no 100% wrong: every deed has his purpose. The outer being has to hate every miserable deed. He wants to feel sad. But in the inner being there is always joy. If you feel grieve, it is most certain you are in your outer being. From the inside we have a package of wishes, you have to occupy yourself, for 23,5 hour per day, with your inner being and only a half hour per day is for your wife. If we say wife we mean the left side. It is your outer being. The right side is the male side, just as + and -, irrespective of you are a man or a woman. Everything what is outside of you is light, and the light wants to give all the good there is. Is there place for hating someone? When the inner being should hate someone it would be against the light. That's why the inner being always has joy. There will be no change in the physical, outer person; it is only the perception what is changing.

All the laws of the Universe we make use of in the layer of the outer being are only preparations for something awesome, for to come to the inner being, as soon we receive the agreement with the qualities of the light. We already can taste this when we begin with the work at our self; it is a strength in you that builds up your inner world, because every human being is a small world.

Phase four: The growing up of the inner being to the ten fields of strengths. There is no person who can come to fulfilment when he doesn't develop his left- *and* right side. We have to build up our male and female side. When there is only the developing of the male side then there will

come from above only the aspects we can see as criminal. It is the same for the developing of the female side. We have to fulfil both sides, only then we can liberate ourselves from the lower lusts. For example, you look at your wife, what you see is your female side of your self. It is free for every person to develop his physical and emotional part, but it is only the outer being. This is not what has our interest. You can replace the organs but not the soul. From our inner being there can't be a change of the gender. As long the inner being doesn't develop there will be a projection at the outer being. Sexuality is the outer being. All different kind of attractions is coming from the outer being. This is not what has our interest, because it will not bring us to the ultimate fulfilment. There has to be one question only: why am I sitting here? Not for knowledge, but to learn how to come in contact with your inner being and through the inner being with the light.

In our culture we see traces of the laws of the Universe, but we have forgotten the real meaning. It has become culture. Only when you let yourself guided to your inner being you can and will stop with outer things. Of course the outer being may do everything. The inner being in every being is male, despite the gender of the physical person, male or female. The outer being of every being is female; so don't waste your time with your outer wishes but follow the voice of your inner being. Some of you want absolute power, and they are prepared to do anything. He also has to resist his outer being, has to make corrections in his outer being for to come to his inner being. Within the inner being you develop serenity and balance. That is your holiness. It is the balance between the male and the female because every person is created as one. Only when this has been developed within you, you can have a long-term relation with a partner.

2.9 Four forms of communication

All the diversity of wishes that was, is and will be, are present in four increasing wishes. We can divide them from low to high, from less to more developed wishes.

1 – receiving for the receiving. Whatever one is doing it is only for the receiving. Reaps and theft for example are in the category of taking directly what one wants. It is the outer being. It is the animal egoism, the primary building of man.

2 – to give for to receive. This is the outer being. He wants to make a deal. It is egoism within culture. I accept you when you accept me, or “I scratch your back if you scratch mine”. It is the attitude of a child. In this attitude there can’t be openness.

3 – to give for to give. Here we see the beginning of the correction.

4 – receiving for the giving. This is the goal of every human being. It is the absolute wholeness, the agreement with the qualities of the light. We can’t know the light; we don’t know how the light is. The only thing we see is the manifestation of His qualities, poured in the Universe; it is the quality of absolute unselfishness. This doesn’t mean that there won’t be any striving from your side, contrary: it is good to bring your ego to a perfect state.

The striving for money, power, celebrity, science – they are all good, because it is the reflection of the qualities of the light itself. The light is very powerful; it shines on richness, success, glory and victory. So what does it mean, “receiving for the giving”? It is all about one little piece, very subtle, in your inner attitude for the striving to what aim you want to gain in your life, within the sphere of your interest you have to build up the altruistic intention – the giving. How? For instance: by saying: “I want to become richer” to see this as an inner task for to manage your growing properties very carefully. Don’t say the success comes from your talents, in what you have done, but your inner attitude has to be: “How can I give more from myself in this new situation”. To give means to give from yourself despite who the receiver will be and with all the love you have within you. Inch by inch you will transform your egoism, your self-love into the love for your family, for the company and even for unknown people. Because this is the quality

of the light what fills the whole Universe. When you make this quality yours, you liberate yourself from the absolute selfishness.

We are made for the receiving. The light doesn't have any interest in how we receive the light. The light only wants to give. The way of receiving is given to us at birth. We have to build up the giving. The first way of the giving gives us no life. The second is an absolute lie: it is comedy. We give money at a foundation because we want to receive something in return, or we think, 'what when it happens to me'. Sometimes a person gives money because it is decrypted in the story. The last manner of to give is in the way of a guest who dinnets with his host only for to pleasure him. We have to learn to receive for the giving.

2.10 The structure of the human being

Within every person there is the shining of the light; light which is to recognize in all the living objects. It isn't ours. It is as holes in our self were through the light shines. You have to learn to experience this and it is impossible to do this with your head. If you want to experience the inner you have to go above your reason and to give up your resistance. Your earthly intellect doesn't want to give up the reason for the higher mind; this is what we called "the stone of the offences".

You have everything within you. Your ego has to come to development in a very strong way. When there is the need of water, first we need something to put in the water, it is useless to sprinkle the water around us. I have to develop my barrels so I can catch some water. A barrel is as emptiness, shortness within me for to catch the inner. How can I develop a barrel? Only by learning how to come in touch with you're inner being. Then you will see there is absolute no chance to escape from the love for yourself. It is an absolute despairing feeling, but it is also a very good feeling, because now you can come to awareness and make yourself empty for to catch the essential things. Before this you were completely filled with yourself.

The structure of a human being from within to the outside:

1 – **The light.**

2 – **The inner being.** This is the true human being who lives according the laws of the Universe.

3 – This is **the neutral zone** of the giving and the egoistic receiving. This is the corrected man.

Only in this area we can work at our selves, doing the correction for to walk the way that brings us to fulfilment.

4 - **The outer being.** This isn't the physical human. This is the egoistic wish to receive only for myself. It contains the wishes of all the objects of the world: such as eating, drinking, sexuality, richness, power, honour and science. In the inside of the outer being we see the breeding, the tradition, the values and the story. But when you use only these things, you still work with your hands and feet, you will never reach your inner being. Only the believing of the story won't bring you to yourself. There is only one way, to go above your reason, only then you can penetrate your inner being. When you start working at yourself you will come in the third zone, here we experience as well the giving as the egoistic receiving.

Why are we so attached at the outer being? It is easier to sacrifice our selves for our country then for our inner being. A human being is prepared to do everything except working at himself because we only can reach this when we go above our reason. You have to learn to give at your inner being. You can't give a thing at someone else. It is only the giving for the outer being. The greatest victory is the knowing that you can't give anything, absolutely nothing. When there is still the thinking you can give at others, the thinking you have something good inside of you, you have a great problem. Don't imagine you can give a thing, first you have to learn to give at your inner being and then you can give at your surrounding.

When there is no connection with your inner being, all the interaction with your surrounding will bring you to nothing, it is a waste of your valuable time and strength. Therefore search for the inner continuity. From your inner there has to be a guarantee for each other, let all your wishes guarantee each other. When one of your wishes isn't corrected yet, others wishes which are structural beside him, have to help him. That is the meaning of being surety for each other. Only

when you have learned this from within, you can do it from the outside. Otherwise you are corrupting yourself with the, moreover good intentions, considering the others.

We have everything within us. First become a prime minister of your inner being. Your life task is to manage, with your inner being your outer being. The development by way of an important organisation, a movement or group will only help your outer being. The true Kabbalah leads you to the personal development and fulfilment. The start is with a very huge disappointment: the lacking of to love someone, or which is the same, the lack for the giving. This has to be your starting point, to acknowledge this is the start of your success.

But do take care of the feeling what is saying: “I can’t do this”. The “I can’t do this” comes from your discrepancies with the laws of the Universe. You want to love others but not with your inner being, this is only a playing with your feelings. Is it possible to love someone while you neglect your inner being? To love your wife, your children and your neighbour isn’t the love we are speaking of, this love only satisfies you. It is the same as with an animal, he takes care for his breeding, his wife, and his chickens. It is an immature attitude. The true giving, the true love, is, when you come to build up, with the true and deepest intention, from your interest to give. The beginning lies in the inner and will be expressed from the outside later. All other kinds of giving are in the phase of a childish play. It is the highest corrupting form of giving.

2.11 What does it mean ‘purify yourself?’

What is it what we have to purify and how do I do these inner purifications? With what do I have to be aware of or listen and react in the lesson? Where is the awareness when you want to speak from your inner being? What is the inner attitude?

The inner being is the one who has to listen during the Kabbalah lessons for to come in agreement with the qualities of the light. We don’t speak about this material world. When you listen with your intellect, your reason, you will receive at the most 2% what is given to you. And this isn’t working. Try to be aware when you attend the Kabbalah lesson, listen from and with the place where you feel the highest concentration of your inner pain. When you come with the right intention and with the wish to receive the highest output, you can move the highest mountain.

Leave all your problems behind. And please don't be bright or think you know everything better but make yourself open and receivable. You have arrived in a land unknown to you. Have the deepest longing to know this land; only this positive attitude will help you. There is a great secret: to combine the highest wisdom with the art of stupidity. Only when there is stupidity on the background you can experience the wisdom, but later more.

2.12 Everything consists of ten flavours

These flavours are named emanations of the light. Everything consists of ten flavours, wish, scent, colour, light, etc. and there is nothing in the general you can't find back in the special. A human being is as a small world, he has the same construction as the Universe, as the light what fills the whole Universe. The light itself is singular and in a way it doesn't know flavours, but a person can taste ten flavours.

We call them fields of strength in the human being. These ten fields of strengths are divided within the inner being: three in the head: within the skull we see two fields of strength: for the eyes and the ears. Furthermore we have two arms, one body, two hips, the sexual organs and the point of the ego. The inner construction of a person is constructed in this way, but also the physical man although we will not speak about the physical man.

These ten fields of strengths are constructed in three lines: in the skull we see the light but only in potential. In the right line we see from above to below: the eyes (the right- and the left eye), the right arm and the right hip. In the left line we see from above to below: the ears (the right- and the left ear), the left arm and the left hip. In the middle line we see: the skull, torso, the sexual organs or foundation, and the point of the ego.

The construction of these ten fields of strength is named: "the Tree of Live". Just as in music we see the bars and their combinations (chord of three or more bars, which are for them who has an musical ear as one) and every composer uses these combinations of bars, it is the same with the knowledge of the fields of strengths and their inner relation, one can become known to the facets of his inner and come to control them. He becomes the conductor of his own inner orchestra. A conductor can see in one eyelash the whole music, the construction of the play. It is the same

with people who can conduct their inner orchestra; they understand the inner situations, the combinations of the ten fields of strengths and let them communicate with each other.

With the three fields of strengths in the right side of 'the Tree of Live' one can come above his reason. There is simple trust, there is a complete surrendering at the light, he is unlimited, male, not material. Remember: every person has the male and the female energy in him, and it is the same with a woman. The birth process is not only about the birth of a new born child, on the same time there is the imbedding of the inner within the physical body, meaning a separation of the male and the female. The left three fields of strengths are feminine, as well in man and woman. The feminine inner being comes in the female body. The male inner being comes in the male body.

In this material world everything is depending on the intentions and the actions. At a lower level of the personal inner development exist a governing of reward and punishment, and one has to come above this level. When a person acts and his actions are not in agreement with the control system of the Universe, he has to make corrections, because if not so, he will be corrected in a hard way. What hasn't been corrected in his current life will be correct in a next incarnation because there is no disappearing in the inner. Of course misleading is there because he needs them for his inner development, he only can correct himself with a lot of effort. All your hard work will be measured so then you can bring in balance in the next incarnation, the male and the female within you.

Everything what you are doing here is your responsibility. Hell is only a place of observance where you can purify your feeling. There will be a separation of the physical body, but the remaining of your work at yourself and your memory will stay. After the delusion, just before one is dying there is relief because partial one has already left the body. It is said one sees his life as a movie. The body can't cheat on him. It is terrible, but also it is a very great purifying process. Nobody can avoid his correction. It is no punishment.

So, from this moment be aware of yourself. Don't think at the past. Free yourself from guilt: do not fixate. These trainings in the Kabbalah are there to help you. Let the balance become for the

good. There has to be a longing for the good: 51-49 or 52-48 between the giving and the taking. Then reality may come true.

Suppose a football player wants to explain a basketball player the game of football. The basketball player thinks with his hands while the football player speaks with his legs. They will reach nothing. There is no understanding. So in our trainings, there has to be a slow and careful growing towards a new and common reality.

There are three male fields of strength in the right:

- Eyes: light of life
- Right arm: pure giving
- Right hip: victory through the giving

There are three female fields of strength in the left:

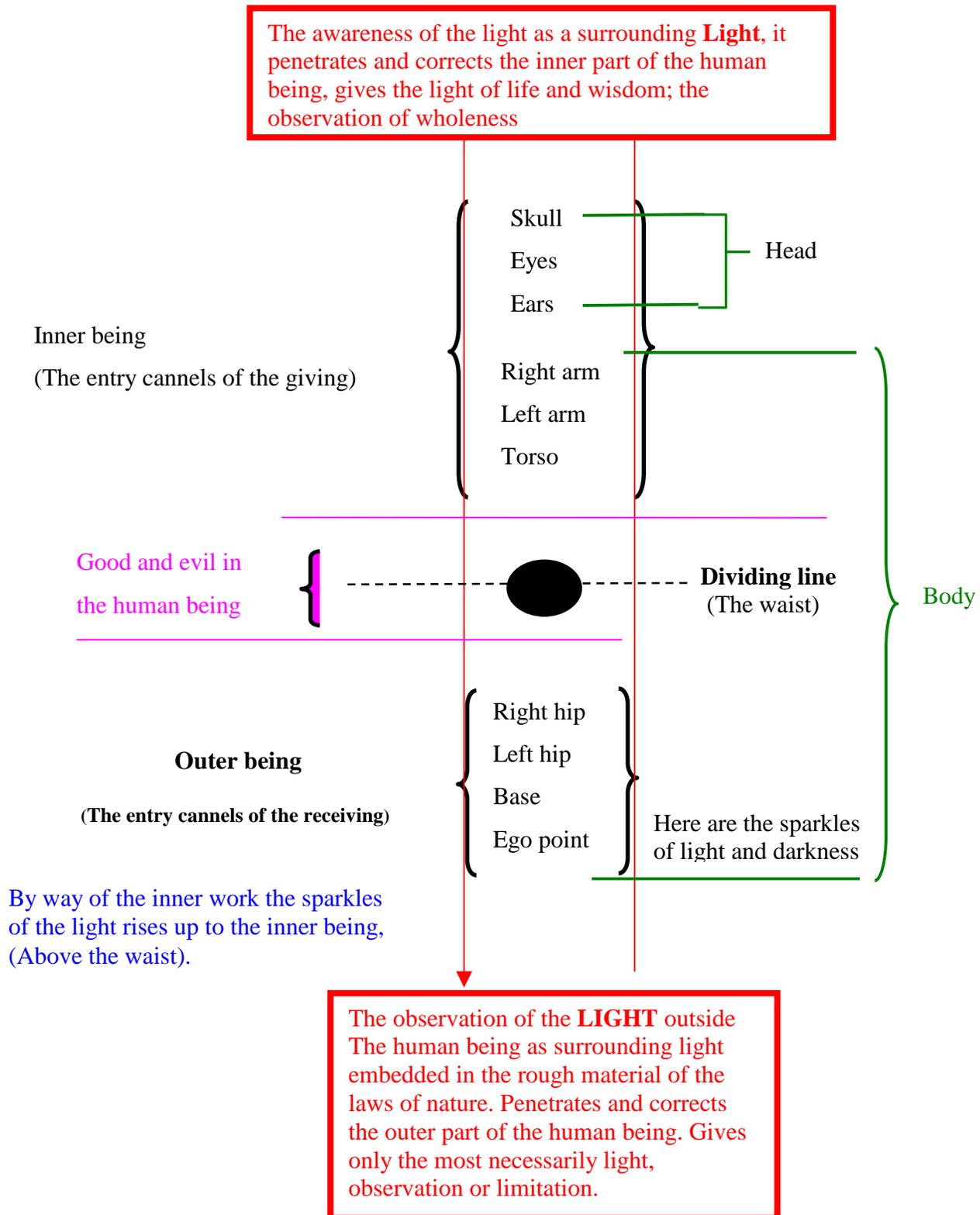
- Ears: the root of the limitations
- Left arm: forceful limitation
- Left hip: standing by severity

And four fields of strength in the middle:

- Skull: the source of all fields of strength: the light of the giving.
- The body: lust
- The sexual organs: the foundation
- The centre of the ego: the epic centre or the 'I'

Draw. 5

Structure of the human being seen from above to below



Without limitations one can't comprehend the light. It is the feminine side within a being that is building up a screen for to reflect the light and accordingly for the receiving of the light. To give is a male aspect; to receive is a female aspect. Both strengths are structural and necessarily. The receiving of the light and the submission for the light happens through the middle line– this is the true reality. There only can be a receiving when there is a specific boundary, made by the force of the screen.

We can only receive when we are receivable. Our work is to make the connection between these two strengths. It is possible to make a rough diversion in man of the ten fields of strength: we divide them in two parts: from the skull to 1/3 of the body – the upper part consists of the head and the torso. And below we see the bottom part consisting of the lower body. Man can set free, by working on himself, the fields of strength in the upper part more or less in the giving. The correction in this part is easier. The problem lies in the lower part: from the waist - 1/3 to below.

This is the area which is absolute inaccessible for what kind of correction you will have in mind, except and only given to us in the book Zohar and developed in the book 'the Three of Life' from I. Luria (ARI). There is no other teaching, knowledge, and wisdom, spiritual, in what way has been, is, or will be on earth, which has the solution for this problem. In our trainings of the Kabbalah we shall, for the first time in history, the methods for the relation with your lower part of the fields of strengths reveal to our participants and teach them how to work with them. It is impossible to come to fulfilment without the connection with your upper **and** lower part in yourself. A great deal of time will be spend on these skills and techniques so you can learn this secret way for to come to fulfilment. The most of it will be done oral.

2.13 Where is my true observation?

In the skull there is no shortness, there we don't need correction. By way of the left side the correction process receives more and more from the uncorrected egoism coming from the personal ego point: there will be an infinite and true investigation of the proportions of strength. These are the heavy situations, problems and pains, which has to be sweetened through the right line, the giving side. The egoistic longing gives you a feeling of emptiness and incompleteness; they are in the torso and in the area of the left arm and from the left line downwards. In the left

hip these feeling will be heavier, greater and they are coming from your ego point for to be corrected. All the corrections are coming from your ego point, from the wish to receive only for your self. This is the true I. Every day a piece of egoism arises in us for correction.

The ego point exists of four parts and we can only receive the light in the three first parts. The fourth, the lowest, can't receive the light for the time being. A person coming from the east works with his heart – this is a picture of the true fields of strengths in the right side of the human being. A person coming from the west works with his brains – his intellect – a picture of the fields of strengths in the left side of the human being, he believes in knowledge. The knowledge of the west is to limit and then to go further: divide and rule. He separates the true reality, the whole picture, and accordingly works in fragments of the picture. You can see this in a play where one gives the other a fragment of a picture, and the other has to guess what the picture is about. For instance one is showing him the leg of a lion, but he doesn't know this, and he says it's a carpet or whatever he sees in it. But the true reality is different. Suppose the person already knows the picture is of an animal, he may already see the whole picture. And when he sees the fragment he already knows it 's a leg from an animal, there can be a discussion about the animal, but no more.

The person of the west lacks the capability to go to the right side just as the person of the east can't go to the left side for to work with his brains and to limit his feeling. There can't be a fulfilment in the surrendering of the heart, because the giving aspect needs the control of the left side. Being busy with calculating and rely on the logic makes a person forced. His heart, his inner, is in this case one piece of undefined feeling. He is what we call a narrow-minded person. He is trying to understand the world with the mind. You can compare this with driving a car: The inner of the person of the east is driving in an automatic; it goes smoothly, easy, close to nature. But when there are no verifications of the mind it won't bring fulfilment either.

The person of the west is attracted to the east. The quality of the east surprises him; he thinks the right side of the person of the east will help him too. But in reality it is a choice for the difficulties of another. There can only be a reflection of the light through the middle line – this is the true reality. The truth always lies in the middle. Here in the middle line we see the laws of the Universe and through the Kabbalah we will study these laws. The eastern life's attitude is a belief under the intellect – it is without verification. The attitudes of the west lies in believe and in

knowledge, he believes in his intellect. There is an advantage considering the eastern person. And the eastern person seems to have something a western person doesn't have.

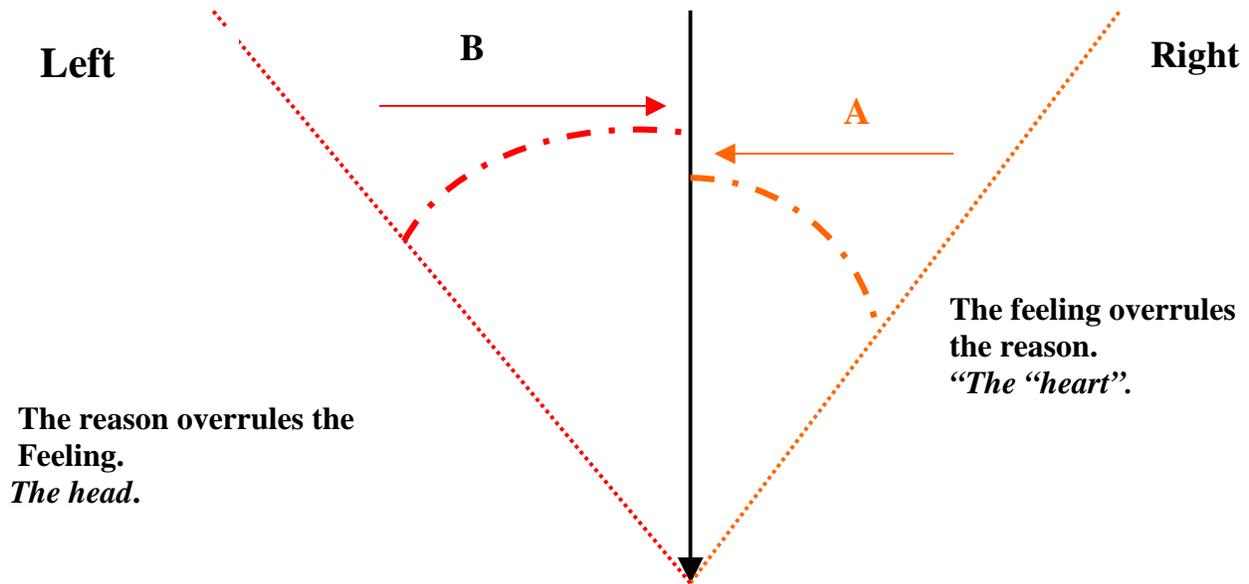
Science is also a 'religion'. And the atheist who doesn't believe in the laws of the Universe has his 'religion' in his not believing. Here we see the attitude of someone who says: 'In a way I want to know the control system of the Universe but when I can't know it, I won't believe in it.' All the time when you read 'the person of the east' or 'the person of the west', remember, we don't talk about persons coming from these countries, nations or any group in faith of religion what so ever. We only speak of the attitude, the way of how a person deals with certain facts. In a way you can see all these kind of different attitudes in one person: you. And every one of us carries within him the attitude we see in this world. The difference is only in the manifestations, one shows this and another shows something different.

The middle line is the attitude of belief above knowledge. Only this is the true knowledge of the whole picture. Here we are linking together the two parts within the person: the upper and the lower. In contrary with the attitude of a western and/or an eastern person – nor the western nor the eastern person has a legitimate access to the lower part of his fields of strength. Without dividing there is nothing to discuss. In the left there is the dividing and in the right there is only acceptance, no dividing. And we need both. It is our job to control, 24 hours per day, these both sides. Of course there will be shortness, you will see the problems and you will notice the ego will victory, but there has to be over and over again the will for going into the middle line. It can be done independently if you know how to do it. The balance: 51-49 means there is more for the good and that is a very good start.

Draw. 6

Corrections for to bring us to the experiences of the true reality

The light comes down as the true reality, straight to below to our world.



The light touches the point of ‘our world’ just from a distance.

Instructions:

B: The correction is the adjusting by way of going from the left to the right to the midpoint – the true reality. The reason makes concessions for to come in peace and harmony with the feeling.

A: the correction is the adjusting by way of going from the right to the left to the midpoint – the true reality. The feeling makes concessions for to come in peace and harmony with the reason.

2.14 The method for how to build up our wishes

The two described principle life attitudes, the western and the eastern, have all the aspect of the world in the existing wishes. The main difference between all life attitudes of the world and these of the Kabbalah consist of the manner in which we approach the wishes. All others teachings are constructed for to destroy the wish of a person, or at least ask for a radical reduction. This is based on the unilateral attitude within the totality of all the ten fields of strength of a human being, with the emphasis on the left or the right side of a person. All wishes belong to nature and it is the level of wishes that distinguish the human being of animals, plants and stones.

In every wish there is a reflection of a certain colouring of the light, a frequency of ultrasounds and of taste. The highest and the largest wishes are in a human being and he uses them for the developing of his personality, for to grow. When there would be a limitation of the wishes, man would reduce himself of his true nature of man, to the level of an animal and further below, a plant or even a stone. Of course, when there are less wishes you could rest, but to become a stone is not the goal of the human being. They can be proud of what they have achieved, probably they find joy in the oppressing of their wishes, they feel great if they can hold there breath as long as possible. In this case the condition of a stone would be preferred, because a stone doesn't need anything! And may be it is better to exist not at all. All the inner methods are based on eating less, living in deserted places, to be separated from the material world, to breath less, to bring themselves to the level of a plant or even a stone. You can bury one and he will be still alive. What a performance! Can you imagine how we kill the most important building material of the human being – the ego? If there would be only one thought, everything for to limit the human being, would that bring us to the eventual goal one has set for himself?

When a person oppressed his wishes, he becomes estranged of his surroundings and he takes for granted his own psychological observation as the inner alliance with the higher world. In the Kabbalah we will learn all the further development of the egoism and the correction by the person self, it will make him capable, the whole package of egocentric wishes he received from nature, to make them his and uses them in a correct way. It is the transformation of his original, earthly egoism considering the giving, what makes he will become a more powerful person, now he is capable to overcome the most powerful strengths of nature and will be master over his

nature. This will bring him in a position where he stands far beyond the whole Universum and not beneath. You have to be a warrior! When you are not willing to make correction of your own nature for to come to your fulfilment, the eastern method of self-restraining will sooth you more and more, they will give you a primitive feeling of comfort and satisfaction.

In the eyes of the Kabbalah this self-restraining is an escape from the reality, to compare with drugs etc. It is well known, members of other teachings acknowledge Kabbalah as a very special method, as the highest teaching of the personal developing which would bring you to fulfilment. The principle of the Kabbalah teaching is completely opposite to all other methods: here we see the development of the egoism, the wishes as much as possible.

It is the perfect paradox, but only the egoism will leads us to the correction of nature within the person, to the true wholeness and fulfilment. So my advice to you is: give a lot of effort for you own personal development to become in agreement with the laws of the Universe, without being part of any kind of group or sect. You are your only test subject, and only you can experience the true reality and assure yourself that this method is working.

Chapter three

3.1 What is the true Kabbalah teaching?

Nowadays you can see in shops a gigantic offering of Kabbalistic literature. In all prefaces the authors are promising they will reveal to you all the secrets of the Kabbalah. There are a lot of centres, clubs for studying the Kabbalah. This only shows us it is the right time for spreading out the teaching of Kabbalah. It doesn't matter how many materials there are for to sell Kabbalah. The next phase will be: the developing of the true sources of these many books. People will come to common sense and leave the lie behind and come to the true revealing of the true Kabbalah teaching and this will happen all around the world. When one isn't ready, it is a shame: he will miss the train. Therefore, All the books spreading out the Kabbalah at this moment, even with the most ridicules ideas, or only with the profit in mind, it is good too. As a rule, every type of centre makes a study of their own sources, but not the true, original, because they miss the classical kabbalistic education.

3.2 About reincarnation

Every new generation represents a former generation in new bodies. This will lead to further development of humanity: from generation to generation we are collecting experiences, what is new in our generation will be embedded within the next generation. This is a fact; it becomes a natural, clear knowledge leaving all doubts behind. Therefore children are wiser then their parents. The cycle of the souls exists, but the cycle of bodies not. The process of the cycle of the souls needs a deeper understanding and this can only be done if we studying the control system of the Universe and these systems are studied in the Kabbalah. In the inner existence there is no limit for the bodies to be at the same time in this world and to be in eternity. Therefore a kabbalist learns the true principals and the laws of the movement of the souls.

Considering other life forms in the Universe: the Kabbalah is teaching us there was, is and won't be another life then only we!! Of course there is the wish from people to discover and meet someone in the Universe. He needs this thought for to support him. But except us there is only the finding of the light! There will be no one in the Universe who is equal to us, no one for who is the goal so high as for us who are living here on earth.

3.3 There are no rituals in the Kabbalah

In itself there are no rituals in the Kabbalah, which are with all respect, mechanical actions. Therefore, if you see rituals or traditions, and this can be everything, it is not the true Kabbalah. Even with magic tricks of the meaning of words, with the images of the sephirot (emanations of lights) etc. Every images of the inner process in the human being or from the laws of the Universe in common, it is only material for to illustrate something.

Kabbalah is the individual comprehension of the light; therefore it is for every person individual. So, if someone wants to sell you a broche, a red cord or a very special amulet, it will only help the salesman. There can be eventual a help for the purchaser, but only psychological, imaginable, if he believes in the power of amulets etc. There is no mysticism in the Kabbalah, either in all other teachings. It is only physics about the Universe and not only considering our rough material world, as other sciences do. The progress lies only in the wish for to correct your intentions and not by any improvement of your mechanical deeds. Your striving, wishes and effort have to be focussed on one point: all the wishes, intentions and plans have to be connected with the light, the control system of the Universe, and the very deep wish to bring yourself in agreement with it. This will bring you to fulfilment.

3.4 Kabbalah begins were all other – logic- ends

Kabbalah begins were all other common positive knowledge ends. When this knowledge comes to the point of not coming through with all their logic, theory and practice, the Kabbalah begins. There is no connection between the Kabbalah and psychology in what kind of form ever. Despite all the experiments with the psyche of the human, one can't come outside the sensual limits of the normal psychology. There are so many levels in the physical- and in the mental body of people but most of them in an undiscovered aspect.

You can call this a secret, because it is an unknown land for us at this moment. It is the same with every science and technique. In the future many secrets will be revealed and then they aren't secrets any more. With the science of today we can discover many things but not the laws of the Universe because there is no material. The Kabbalah is also named the secret teaching because she will be a secret for the outside world. The meaning of this is: there is no method scientific or whatever, there is no material that can reveal the laws of the Universe if there is no agreement from our side.

We experience the world through our qualities; if we would have other qualities we would observe them different. It is the same with the experience of the whole picture of the true reality: before we have the qualities of the observations, we can't feel her. Just as in our world, all the tools and science are for our senses, but in reality there is no new revealing because at the end of all tools and conclusion, there we see the person who has to accept. Therefore there will be no science or knowledge that can bring us beyond the true reality of all the fields of strengths as well in the Universe in common as in the special, the human being. But Kabbalah doesn't forbid anything! We will not say burn all the books, because the book of Zohar tells us, 'the faster humanity will go through all the dwellings, the sooner he will come to the true teaching, which will bring him directly to fulfilment'. It is impossible to make a mistake!!

3.5 Kabbalah and fortunetelling

There is a common and constant misleading of absolutely everyone containing the following: Kabbalah is a formula that occupied itself with fortune telling, with revelations of the past and investigation of the future. Per definitions Kabbalah is the revelations of the light to every human being in this world and not when he is dead!! There is no hesitation in me to say there is absolutely nothing what will happen whatever you have thought about during this life. The revealing of the control system of the Universe will gives us a deeper understanding of man himself and about the whole Creation.

But be aware, there is absolutely no fortune telling in Kabbalah in whatever kind or form you may think. And when there is a kabbalist who knows, and of course there are, they will not tell you!! It is forbidden for them to do so. But when someone has a certain knowledge important for mankind, may be, and please note, may be he may receive the permission for the revealing. But everything what would be revealed will damage us, how? Because it will take away our free will and therefore the corrections you could have done. So there is the forbidding for every kabbalist: “Do not let yourself in with fortune telling or whatever. Kill and burn all wizards.”

3.6 Everyone has his own liberator.

The Liberator is the light that pulls the human being to the central point, the point in which he has to return. Every person, every man will meet his own Liberator. There is an individual and a common light. The individual light of correction is there for every person personally, and the common light lifts up the whole mankind to another, higher level of existence. When this light comes to earth, there will be no change from the outside. It will be a completely inner uplifting; every person will feel this in himself. They will feel they are living in the whole Universum, and there will be no taste of time or of death. The physical body won't be of importance any more. There will be no experience in the connection with our existence. There will be only an experience of the inner. This is what a kabbalist experiences in practice.

For who observes the laws of the Universe, he loses the relation of the layers of construction. The light, which uplifts humanity from the inside, is named the Liberator. And with the word

'Liberator' we mean no person from flesh and blood. Of course, there will be teachers who will teach the mass the inner way to fulfilment. These teachers are envoys and represent the Liberator.

3.7 Kabbalah is no science nor religion

Most of the people see Kabbalah as a religion or as a part of a traditional religion. This is absolutely wrong. Every religion is build on the knowledge there has been a prophet, a person who had have connection with the higher forces. These prophet spread out the knowledge, insights, belief, which he got from his followers and from them who idolized him. This fact is to be seen in every religion. Everything comes from a higher revealing, from the revealing of the light to a prophet or a founder of a religion.

But the Kabbalah is a method that teaches you how you can find the way to the light. Kabbalah is a method every person can use without a mediator; the purpose is he may come individual in connection with the light and to live according the laws of the Universe. People, who already achieved this, have left behind for us their way in the form of a method. If you apply this method in your unique inner being, every person can become a prophet, meaning someone who is speaking by way of his inner being with the light. Of course it is understandable, these people won't support religion because their relation is with the light and is based on their personal wisdom and not on dogmas or traditions, that were once build up during several ages.

The Kabbalah is named wisdom, - *chochmat ha-Kabbalah*, because the Kabbalah researches the ways of revealing of the Ever Creating Strength existing in every person and in the Universe (in common and in the special). Only he who has the wish follows the study. Therefore it is forbidden to advertise the Kabbalah, or even worse, to win more souls.

There is no occupation in whatever research in this world; in contrary all the sciences of this world are based on the Kabbalah. So when you get yourself interested in the Kabbalah, and you apply it on yourself, you will see the connections between the higher, inner forces of the universal and our world.

These connections of the inner fields of strengths are manifesting themselves in the physical, chemical, biological, social, intellectual or moral processes and phenomena. It is not given to us to study all the phenomena, therefore we study them separately, and in the same way we learn about them. When classifying the science and techniques there was the dividing in an artificial way. In fact, everything is connected with each other and every research has his common objects, it is us who separates them because it is now easier to research them. In contrary with the Kabbalah: Kabbalah connects everything with each other, all the manifestations of material and the inner are bound together. In the Kabbalah we see for instance, music, astronomy, biology, maths, medicine, as well several outer manifestations of one and the same inner law of nature. By studying the Kabbalah you will come to the discovery there is only one law, and this law is the subject for our study. This comprehensive law is to be seen in different ways in our world: in the quantum theory, biology, maths, and music and even in management, etc.

All attributes are there in the Kabbalah and can be used by science: investigations, the gathering and writing down of researches, receptivity, verification of facts and their accumulations and structuring. This is science of the Universe, the place where we exists, science about one universal law of all nature. At the level of our world, the common law of the Universe manifests itself in a simple summary level; by way of the inner it is always there and gives his stamp everywhere. Nevertheless the Kabbalah isn't a science or a technique, because it has an extra dimension going beyond every science: it is the learning of "to go beyond the understanding". And there is no relation whatsoever with religion, belief or "clairvoyant" methods.

When you ask a person who is a member of whatever religion if he knows something about the Kabbalah, he will answer: "It is unknown to me and there is no interest either." And he is right, because Kabbalah isn't for him who is devoted to the traditional religions. Besides, Kabbalah develops the egoism of a person and makes the longing for knowledge only greater. Kabbalah is

based on self-knowledge, on the apprehension of the inner, while religion is build up at limitations, to be satisfied with little.

3.8 Kabbalah and the laws of the Universe

The most important law of the Universe is the law: “In the light there is the wish to give at mankind the ultimate form of pleasure.’ And from this law derives all other laws. All what is happening is only the fulfilling of this law. Every moment there is a reinstallation of the strength so one can come to the most optimal pleasure. In the centre of the Universe we see the infinite light, surrounded by a system of filters, and these filters are making the light rougher. This rough material is absolutely necessarily for a person so now he can change his nature: to change the egoism in the altruism. Our Source is absolutely unselfish.

When there is a disposal of the light or an alignment to the light, it only means an inner change of qualities. When we become more alike with the light we have come closer to our fulfilment. But if we stay stubborn and we cherish our self-love, we will go further away of the light and also further away of our goal. When we work and give effort for to come closer to the light, to come in agreement with the qualities of the light on our own strength, we escape from the binding strengths and we save ourselves from unnecessarily suffering. But when we stay stubborn and don’t change our qualities into the qualities of the light, we will experience in the same measure nuisances, illness, problems etc: it is the consequence of the ignoring of the light. In and with the Kabbalah we will learn how we can stay, in every situation, conscious and aware how to come closer to the light before the binding strength has caught us up.

All the negativity we experience in our world is only the consequence of the experiencing of the other side of the light, the binding correcting strengths. When you follow the laws of the Universe you will come to fulfilment. And through this you are helping the whole world, your light of corrections will be added in our world. The high government will be softened in your experience. Instead of severity there is mercy. Therefore the Kabbalah is absolutely a practical instruction for how to come, in all its simplicity, to live a good life. In our time we see radical changes. In these changes we can see the government of the whole world was, is and always will be according a strict plan from above. But nowadays we feel the high government is sending us

the strength to be a participant in this law. At first we were as puppets on a string and there was an automatically attitude concerning the development process, now we have to be active, self-conscious and aware for to fulfill this process in a close corporation.

When there isn't the wish of the inner uplifting the binding strengths will force us over and over again. There won't be a peaceful place on earth. There will be no place where one can feel himself safe and at ease. He will be haunted by grief and sorrow and then he will see the reason for his misery and that is the moment because, unconsciousness he knows how to act. He knows it is not good when he is beaten and doesn't know why.

One doesn't need any pre-knowledge for to start with the Kabbalah, because it is about you and your relation with the light. When one wishes to work with his inner being, he will have the feeling that is to compare with a newborn child who comes wet and naked on earth. "But why do I need this? For to learn something extra about the outside world?" No, it is for to take destiny in your own hands, for to know your inner world so you can make something worthwhile of your life, the best of it and no less.

3.9 The Kabbalah and this world

The Kabbalah emphasizes one has to live active in this world: he has to work, have a family, children, and serve the army, education and the will to learn. And with all of this, in every action he has to realize the high goal of the existence and to live in connection with the light, the light that gives him the real life. Only when we live completely and make use of everything there is, without selecting or by wishful thinking, but with his own vision, one can come to his ultimate fulfilment. Therefore Kabbalah doesn't say you have to fast, to isolate yourself from the world, or punish yourself or have self control in anything, including the vows of chastity, the fear of punishment in this world or in the after life, etc. these human practices only leads you further away from the light, to unnecessary suffering and no liberation.

Chapter four

4.1 The sixth sense: the feeling for the inner

Every impression collected by the five senses, comes inside the brains and will there be reconnected in the existed program. The result is what one has experienced. A brain also gives signals coming from the observation of the past – the memories. When the brains the so imaginary observations, hallucinations or observations register while he isn't aware of it, it is as a dysfunctions or a disease of the system. While teaching Kabbalah you become aware of your surrounding and at the same time these surrounding is from a distance, because you observe not only yourself but also the light, the source of all your observation. And this is an individual experience; nobody can confirm or deny this. It is the most practical teaching and only by verifications everything will become clear. Inch by inch one gets a sixth sense for the experiencing of his inner, the inner becomes more and more alike the giving light.

In the last century, one believed in the strength of power and in the intellect of science. Now it is time for humanity to discover the true life is controlled, and for to govern our life we have to reach our root of the giving light. There will be, in each of us, the substantial need for to comprehend the inner. Our life will force us to seek redemption, and there always will be the possibility for to have influence in what is happening around us. Humanity will discover the input of the high government. The common law of the Universe will force us to grow. The outer being is lazy, it is his nature, he is selfish and there is no way to bring him to fulfilment.

When you start the studying of Kabbalah and you start to live according the method, you take the possibility to avoid the way of suffering and grief. You become aware of some strengths and some knowledge for how to behave in this world. In this way you are failure, fate and accidents one-step a head.

4.2 The sense of living

There is one question every person will ask at a certain moment at himself: “Where am I living for? Why all these sufferings, the years of hard work, the grief till the moment I am completely exhausted and at the end of my life.” This question is for everyone who wants to make something of his life. There were great philosophers working with this question during many, many generations. They were sincere and wished to find an answer on this question. When we would think about the real reason of our grief and suffering, we would find the cause and consequence, although everyone can give a different answer, but it will always be in agreement with his personality and culture, therefore everyone has to work at this question and to find the answers in a personal way.

In former centuries there was a bunch of misery till they reached the level what was necessarily for to come in connections with the inner. This was needed because we were unconscious, didn't know how uncontrollable the reality was for us. But today, while we experience the revealing of our suffering, we acknowledge the future depends on us. And when we have become consciousness about this, we want to tell others to shorten the period of the development of human beings. In these trainings of the Kabbalah we shall learn how to come in contact with our inner being in a short time. We will understand the depth of our inner roots and develop a mature attitude how to develop life. We will come to the understanding it is me who is to blame and not others. We have to come to this attitude for to see reality. We will be capable to understand the events within ourselves and around the world so we can react in a proper way and at a proper time.

4.3 The four commandments

Make yourself small, tiny considering you're inner being. This means making space within your self. Do not listen only with your head, but also with your heart. While using your head you can become a specialist, but in the Kabbalah training you will need 'fingerspitzengefühl'// intuitive feeling. When you use only your head or your heart you will see different aspects. Every day you have to find your wholeness.

How can I reach the optimum?

Have the deep wish for the goal to experience the inner, this is enough but it has to grow. For the connection with your inner being and the light you have to live according the four commandments. When you use in every situation the four commandments you will come closer to your fulfilment, to the connection with the light of life. In other words, you will see reality. These commandments were first given to a few persons who studied the Kabbalah, for to live according these commandments and then to pass them over on others.

For the first time in history during these trainings of the Kabbalah it will be revealed and worked out on you. We don't speak about the commandment of the flesh, only about the awareness of a person from his skull and downward, just before the reaching of the ego point. When we constantly keep in mind these four commandments we will come to the observation of the highest reality. Of course, the highest level is always in the moment. Then structural there would be no mistakes. People in our world will be in agreement with the control system of the Universe.

The light had made a treaty with four places in the inner being. The light is the quality of 'giving'. And our nature is to receive. When we act according the four commandments, we are focused on the strictly laws of the Universe and not on the story of our world. How true your story may be, it is and always will be imaginary one in your mind. While living and experiencing these four commandments we experience our life as worthwhile, as a diamante or a pearl. It only depends of your intention.

1. The commandment of the eyes. This is a place within the fields of strengths of the inner being named wisdom. This is the area of the thoughts, and these are the thinnest form of wishes. The meaning of this is to come in acquaintance with yourself and/or your surrounding so you will notice what you see, because the outer being can have the evil eye. And your thoughts have to be pure.

2. The commandment of the tongue. This is a place within the fields of strengths of the inner being named intuition. It is the commandment of words. This is the transport area of your thoughts to your body; through this the form of the wish becomes thicker. With the mouth we take in food. We praise and curse. Don't gossip. Only speak words so another feels better. Do not grumble. Avoid negative remarks from your outer being.

3. The commandment of the heart. The inner heart is the field of strength within the 'physical body'. This is the area where we can feel a form of a wish already fit in some place of the heart. All the wishes of the heart, all the inclinations, attitudes, love, hate, are to find here. And some of them can make or break us. When you come to an understanding of your wish, your attitude will be good. Then you aren't a slave of the circumstances: neither of the society, family or friends. It is said to love your neighbour and not to hate others. And this work has to start within your inner being, the wishes of the inner being.

4. The commandment of the genital organs (or the base): this is a place within the fields of strength of the inner being named the genital organs. Do not make the mistake to think we are speaking about the flesh, in the Kabbalah we only speak about the inner strengths. And these are very heavy, very hard wishes to control, these wishes are so thick; they have come to the stage of action. Eventually, all the inner forces of the other fields of strength are coming together here in the base. Here we see an enormously area of energy. The fourth commandment is about the system of strengths inaccessible for science, religion or whatever we have here on earth. It was and stays a forbidden area because we don't have the key to open this most crucial area; we only receive the key when we are ready to understand this crucial area and how to use it in a right way. That's why there is so little written about this subject. Only during the lessons we will talk about this with care and at the same time very determined. You can't learn anything about this subject

in books neither can you learn how to handle them. It is the inner being in every person that will be, invisible, wake up so it can grow very fast. And this can only be done through verbal teachings.

And when you have learned and understand these four commandments, you have to live them every day of your life. Everything is connected with each other. The light of life is perfect, whole and our inner being has to come in agreement with the qualities of the light. Living according the commandments is a situation of, everything or nothing. But don't be afraid, you will learn by heart. There isn't a way to do a little bad or a little good. Why not? Our source, the light, the laws of the Universe, is perfect, whole. That's why we have, eventually no other choice then to come to our fulfilment and to strive for wholeness till the moment we are ready.

The more you live according the four commandments, the more you will experience the reality. What you need is an intense desire: 1>2>3>4. The more you live according these four commandments, the more you develop in your self the strength for to win. When you live according these four commandments you will be surprised no one can mislead you. You aren't a slave but the conductor of your own destiny and path of your live. In every aspect you will experience everlasting success and well being: at your work, with your family and friends. The reason for this is: because you live according the four commandments: the outcome will be noticed also in the material life.

Through this you will have taste in all the ten flavours (sephirot = splendour]) in every condition, task, problem, project etc you will experience them. You would be amazed about the progress you make even in your condition. In a way you would be really never be exhausted any more. And then you don't need extra products as coffee etc. or alcohol to come to relaxation. Your surrounding including your colleagues and adversary will see you with other eyes, even without the realizing why. And there will be calmness in everything what is happening within you, because in a way there is nothing to feel love for within yourself.

Now you may have come to the understanding why it is so important to live according the four commandments: of the eye, the tongue, the heart and the genital organs so you can experience the ten fields of strength. Your inner being knows the strength of the light. The outer being knows only the power of the physical body, the wish to receive more and more for him self. The first commandment is the easiest one and the fourth the heaviest. No one can have control over the forces beneath his waist. Even they who are going to live in convents for to be away of the seductions of the world, they also have dreams of the other gender. There is no resistance because it is within the nature of a person.

The fourth commandment is given to us without tools, only the teaching of the laws of the Universe lying within the Kabbalah. Only with the laws of the Universe you will have an inner entrance for the forces beneath your waist. You see what is happening in every convent, it breaks every man and woman. There is a damaging of all correction within masturbation. The more you give in at your wishes of the outer being, and within the outer being we find the base, the more it wants to have without coming to satisfaction. The less you give, the calmer it becomes. You can't play games here. Everywhere, even at your work, we have to live according the four commandments.

1. The commandment of the eyes. Your eyes, Chochma, have to look good; don't have the evil eye, meaning do not envy because it will break you. There has to be a striving for not to envy. Work at yourself. When you only look at others, you only withdraw your own strength. Look always at yourself and not at others. Of course we can hug each other, etc but don't make a comedy of it. This is not the way we are made for. And of course you have to be generous to others. For example, someone has a new car: don't envy him. Turn the feeling: be generous. You have to be generous. And if you lack this strength it is good to remember to say 'I am generous'. Beg for strength to be generous to everyone. Why? Others don't have to interfere themselves with your inner being.

2. The commandment of the tongue. Don't have an evil tongue. And this is not only about the words you are speaking but also in what you are feeling and don't talk about. When there is only the thought for to hurt someone, in a way the act has already done because in the inner every thought will be stored forever. And only when you come to the true feeling of the light there will

be miracles. So be positive: 51/49, more for the good than for the bad. Reverse all the negativity of your tongue.

3. The commandment of the physical body. The epic centre of the body is the heart – the I. Hate is a negative commandment of the heart. Turn it to love. Let the light flows to your whole inner body and love it. When the hate is so strong, you can't overcome, beg for the light. Not only utter some words but also make yourself small. Make your conceit small. It is a correction. In the heart we find several wishes of the body.

4. The commandment of the genital organs (the base). As we have already said above, this is a subject what is absolutely incomprehensible. For most of us it is laughing. It is against the mind of the thinking man. We say: "What harm is there when I watch a sex movie. I only want to relax". Know there is no cheating in your inner being. It influences your thinking, feeling, although you think this isn't happening. It is because you don't know the mechanism of your true function of the area beyond your waist. This is an area absolutely unknown for the most of us. Even politician and presidents have problems with this. He who is striving for to come in agreement with the higher strengths, he escapes to a monastery, but even there he will not find solution for this fundamental strength.

It is easier to have power over half the earth than to have power over its own foundation. And nobody can give him redemption, only when he brings himself in agreement with the laws of the Universe. Because there is a law: there is nothing in the common, what we can't find back in the special. And every human being is a small world. With the univocal instructions and with some help he will come along. But there is a main rule, do not interfere yourself with the mess of another because then your own awareness moves to the other. Of course it will feel good but eventually you will loose the connection with your inner being. You are losing time and you aren't coming closer to your goal. In contrary, it will throw you back in the lowness and the dirtiness' of a low animal. Through the training in the Kabbalah there is the receiving of appreciation because there is the discovery of your inner being within you and wholeness will be the result.

4.4 Make your greatest enemy your friend

And the greatest enemy is you're uncorrected outer wish. There is no other enemy than your uncorrected wish because this will withdraw you from wholeness. It is the stone of offence. To see the world in truth as whole can only be done by a corrected person. "See and taste how good the light is", says the kabbalist. Therefore we have to go beyond our reason. A fundamentalist believes beneath his knowledge. It is the attitude of the mass spirit that doesn't verify.

He who's not corrected has of course doubts such as: "How can a good government of the Universe let children die?" and the answer is: "I don't quite understand but I believe the government is good. And although I don't experience this from within me, this is only because I'm not correct to see the right way". You can't blame a person because he is still in the spirit of the mass. In everything you have to look from within. The mass spirit is still in a human developing phase. He is looking for proof, groups, cults etc.

Therefore Kabbalah is an individual movement; you have to clear and to build up yourself. All the wishes manifesting itself in the world are in you. Only when a person has finished the correction within himself he will come to the experience of going beyond words. The ultimate goal is to come to an inner connection with the whole. It is from my inner I give a kiss or a warmly hand shake and not from my outer being. Everything what we are doing with the outer being is a game. Of course it is not forbidden, but it doesn't bring you to your fulfilment. Your inner being is whole, warm and loving, act in the way your inner being is and not in an artificial way. From the inside you are not higher than your friend because if you do so he can't reach you. The lower you go, the more you will learn and receive from him. And only your inner being has to make itself low. This is not an artificial humbleness but it is the sweetness of your life.

4.5 The only free choice you have is the choice of your surrounding.

Everyone has a free choice. It is the choice for to choose your surrounding. Leave your friends behind when they are not in agreement with your striving for fulfilment. If not, inch-by-inch they will wipe the floor with you. And they persuade you to invest your strength in something else. You are a prey for them if you don't make your own choice. In the early days you was with them and you had the same speech and you was in the same gossip. Now it is over and you don't belong to them. And your surrounding shall and will not understand nor accept. Then you have to make your own choice: you have to leave the spirit of the mass. Go and find other people who are also working at their own fulfilment. Do not advertise your inner work. Do not lease your heart. Every person has the right to strive for his own fulfilment; it is not a duty because everyone has to follow his own development.

When he doesn't understand, he isn't ready, may be he will do it later, over one or two years, or in one of his next incarnations. But when life is very precious to you, start NOW. When you have just started you need patience because at first everything is welcome, there is no selection. You are coming from the world of the five senses. And the one who is doing this for years has to have patience too, because he can have the feeling of 'I know better than you'. You are what your intentions are. It is said: "tell me about your surrounding, and I will tell you who you are". Don't be a slave of your surrounding. When you work at your inner being, for 90% you can say goodbye to your old surrounding.

4.6 Four kinds of people in your surrounding

The first group is the one highest in rang for to let them come closer to you. These are the people who are, just as you, striving for achievement. They also want to live according the laws of the Universe. Create such a surrounding near you so you can come in contact with them. The age doesn't matter; it is all about the inner.

The second group is the one who support you; they support your work of correction and study. But for them selves they are still a little bit careful. But they respect your choice. The important thing is they may not lead you away from your achievement. For them selves they need a small

push, but you leave them alone and you don't push them to do the same as you do. Everything in agreement with the laws of the Universe: there is no force in the inner.

The third group is they who don't care about what you are doing. They don't stand in the way.

The fourth group are the scoffers. They don't have the wish to overcome the material nor the flesh. They are living day by day and they want you to do the same. It is very important to avoid these people. It is said: "Love your neighbours". Do I have to love them? Yes. We are coming, all of us from the same source. When your finger hurts, it is not your finger that is hurting; it is the pain in your heart and in your mind. And this is the same for every person here on earth. There is an inner connection, but we have to work first at our selves. Then you can help others. But now we don't have enough strength, now we have to look for people who are supporting us, who have the same wishes as we have. But at the same time we become stronger, you can see the other, in truth, how he is and then you can love him also.

4.7 Outside myself everything is perfect

What you are going to do with your wishes is very important. Everything outside yourself is whole, the problem is; you don't see it. He who isn't corrected suffers and has grief. Once you are on the highest level you can love the scoffers, your enemy. But for now you can't love yourself. You don't know who you are, who or what your inner being is. How on earth can I love my enemy? That's why you have to leave the one who scoffs you. Do not invite them, but either doesn't hate them from a distance. The moment to love them is only possible when you experience the light outside your self. Know everything is good, is correction. So love everybody. We are all on the same path. But first you have to develop your inner being, because this is the one who is abounded and be hated by you, because you emphasise the love for the outer being. Now is the time for effort. And although you won't see the effect right away, it is good. Everything goes step-by-step. So we need patience and know, don't struggle with your inner.

You have to overcome the feeling of sorrow. Don't escape from your own rescue, from your self. Of course don't seek trouble, but when it comes to you, you have to deal with it. You need these moments or even these periods otherwise you will not learn. So first learn the method and then automatically the method will do the work.

It is good to know your inner being can't make mistakes. It is the mechanism what is in potential within us. Once you were young and you had joy but on a certain moment there was the other side, the grief and the misery. If you want to come to your personal achievement there is no other way then to meet these forces and to overcome them. You can compare this with the overcoming of the gravity when we are in space; your inner being has to overcome the gravity of the body. It is a necessarily force we feel as misery. And no doctor can help you with this feeling. When you can't sleep or you have a headache it can be an enormous cleansing; a lifebuoy, the problem is you don't understand it right now. Likely it is something given at us for the corrections in this incarnation. So except it in joy, see it as a marvellous mechanism. But know: don't seek the misery!

4.8 The four layers in your inner

The first layer: Action. This layer is the lowest: once you have started your correction process this is the layer you will meet at first within you, it is the area of the giving and the taking. This layer is constructed in the consciousness as for 90 % evil and for 10 % good. It is impossible to escape from it. You have to build up the strength for to pass this layer. One needs the most power at the start; you can compare this when starting an engine. Starting is the most difficult. When the engine is working it will be easier to keep going.

The second layer: form. This is the area within you with the structure of 50% good and 50 % evil. It seems easier to go through. We see more acceptances because there is more agreement with the laws of the Universe.

The third layer: creation. Here you experience 90% good and 10 % evil.

Fourth layer: Shining. For almost 100 % you have the experience of feeling good. Of course there will be the feeling something has to be corrected, but it will be done during the time of the outer correction for whole mankind. This is named the eventually goal of the correction. In this stage you come to achievement and there is an everlasting shining, without up and downs.

4.9 Show your weakness

For the most of us the start of the work on the inner is at a later age. You can compare this with; one goes to a doctor when the body is full of pain. Of course for emergencies you have to go to a doctor, but by doing the inner work you can stay illness a step ahead. Eventually everyone has to correct him self. Here we see the principal of the weakest link: dare to see your weakness and work on it. Don't correct what you like; you have to correct your weakest link. Expose it for yourself and work on it. Justify always the government of the Universe. Be fair. If you don't feel anything be free to say so. It has to be real. Your ego is telling you different, but the inner being in you wants to overcome his nature.

We call Adam the first man. He was the one who could be called the first man. Before him there were only humanlike talking and walking animals. A human being is he who acknowledges and lives according the laws of the Universe. The definition of 'man' is he who is in the condition of acknowledging his inner being and works on his development. Learn to experience this. He knows there is no other thing then the light of life. The inner being exist quite a long time, but the acknowledges of the laws of the Universe started with Adam. The four commandments were not entered into an alliance with people who were haunting the mammoths. To receive in an egoistic manner is sin, therefore the inner being felt shame and he had to hide himself.

We have to come again in harmony with the light of life or in other words, with the laws of the Universe. Before one experiences his inner being he doesn't know anything about shame. The closer he comes to his inner being, the bigger and healthier the uplifting shame. What you see is your nakedness, your uncorrected state: you see your ugliness against the weak feeling of wholeness. When you experience this, you already have a very high level of your inner

development because the correction is already working. Feel love for the wholeness of your inner being and not for the person from flesh and blood. Only through this you may feel love for another being.

4.10 There is no other way for coming to wholeness then by way of the inner being

People change every time so also during the lessons or trainings. At first there is a natural resistance. Then we become more and more receptively. In a way we go deeper in our selves and not superficial or shallow. This happens by using the wisdom as a tool to enter the hidden. These trainings in the Kabbalah are opening in you certain doors and others will be locked. By living these lessons you will develop some feeling sensors for all the good what belongs to you.

This is the only subject of the Kabbalah. The word comes from the verb 'le-kabbel' – receiving. What is the way to receive all the good without having a hangover afterwards? You have to make yourself small and modest, and at the same time alert and active. Be prepared to be aware of your inner being all the time. In everything you do, your good actions and your study, it will be an extra. And everyone can do this. You have to understand yourself through the flesh, with the heart and with your mind. Through this some doors will be opened and others will be closed. Surrender yourself. There is only one comprehensive strength, one gigantic opening, as well above in the Universe as well deep inside us, and it has the quality of absolutely unselfishness. We have to bring ourselves in agreement with this strength, then this strength will shine on the powers beneath or waist and there will be a resonance. In staid of being selfish in our receiving, we open ourselves for this quality of the Universe that is always there. And it will give you all what you need. There is no other strength that can help you with the developing of your inner being.

4.11 The left hand pushes away, the right hand pulls

In this method of correction we see as well the left as the right side are used in the correction. It isn't in the law that both hands pull because there is the principle of 'one against the other'. First there is the battle of the opponents then there is the wholeness. The right hand indicates the aspect of the giving strength – love and dignity – it is the pulling strength. And there is no limit in the giving. The left hand –severity – indicates the pushing strength, limitation. As long a person isn't corrected, he can't receive. In this situation he only wants to receive in a selfish way. Only when these two strengths are working together we speak of a corrected situation – the middle line, and this line is in agreement with the true reality – it is a dynamic balance between these two strengths.

So both strengths are progressing. The good and the evil need each other. There can't be fulfilment without bringing these two strengths to the highest point within you. There have to be in you the repetition of the words: "I don't need any other strength then the strength already in me". It won't be easy; you have to believe in it while you can't see or notice your inner strength because what you see are the opposite forces. You have to work on it, but it is the same in the material world, everything where you worked hard for, is very valuable for you. In our eyes it seems there are evil forces, this is because we haven't yet developed the right senses for to see behind the evil there is the good. It isn't possible for us to look behind. And it is the same for the good strength. So, there is only the surrendering for the light. But for the moment we don't have the strengths to be in agreement with our inner being.

Everyone has expectations and has the longing for an everlasting fulfilment. It is the attachment of faith in the thing you long for that opens or closes the doors of the light, but after a while you feel yourself deceived because the gate of the Saviour, the gate where all the livings strengths comes from, wasn't reach. Only when this has happen, all other doors will be reconstructed. Therefore we have to start with working on our selves and to trust our inner being. All other doors are for them who are walking behind the mass. You have to overcome in every situation the opposite moods and feelings. How? By building up the confidence, to go beyond your reason, so you can solve and bring in agreement the opposites to a higher level. In the higher the

evil is always good. Not simply good, because in every situation there is the opposite. It is made in this way according to the instruction of the Higher. We can only walk when we have two legs.

The goal and the result: the result is the unity between the two opposites of your uncorrected observation. Now you have gained strength at a higher level. And now you have become worthy to receive again two new opposites. Again there is the situation of the good and the evil but on a higher level, and again you have to work for to bring them in unity. Over and over again you will be showed a new piece of egoism. Don't be interested in the end of this process. There has to be a result on a daily base. Feel every day the opposite in you and know it is only because your awareness is still lacking, and the lack is the correction. It isn't your fault nor is it out side of you. In a way you are perfect already. Only the awareness is missing. So be attentive where your thoughts are. In every thought you open a door and you believe, in truth, that you are receiving the shining of the strength of life.

And this can build up the leakage of your energy, because instead of receiving the strength of life you can spoil energy too. Higher means higher awareness, higher reality, and a more full experience. What you are doing for a living is not the ultimate goal, because if you do so, you will always be cheated. Of course you have to invest in your profession and of course there has to be the wish to receive the maximum, but when there is no attaching with the development of your inner being, eventually the top will be very empty and boring, and as a result you could act in a very crazy way. And if you don't reach the top, your body will abandon you and emptiness is all what has left. Only when there is attachment with your inner being you will receive life.

Don't interfere with the correction of another person. Of course you can give some indications but the work has to be done by every person himself. Kabbalah is a miracle but not magic. Always make the connections with the four commandments. Live according to the four commandments. Don't have adulterous thoughts or wishes through your eyes or your tongue, your heart or your base. Your intention is everything. Remember, the words of accusing somebody are wrong, you don't have to say it, and even the thinking of such an accusing is an adulterous thought.

This is the cause of losing your energy. You are losing the clear observance of the true reality, and the true reality leads you to wholeness. Through the adulterous thoughts you aren't in agreement with the qualities of the light. All the adulterous thoughts and wishes you have in your heart means only you have a wish for something or someone, but it is an egoistic wish, coming from the outer being. As long the outer being has the longing, you can't come in agreement with the source of life, because the source of life only wants to give. The receiving with the wish to give belongs to the giving.

What is in the micro is also in the macro. Knowledge about the atom gives knowledge over the whole. And it is the same for the inner. To live our life in the here and now makes we are growing in wholeness and to experience it. Reincarnation is only a coming back for to finish what we didn't finish now. Kabbalah invites you to come to your own inner being. The Universe and the 'I' are the same. Only the 'I' is very small. Open yourself for the true way. It is hard to understand the Universe and the 'I' are the same, have the same qualities, but don't struggle.

Chapter five

5.1 The attitude of self love

When people start the training of Kabbalah they are full with earthly problems. But very soon one is loosing them. All the excuses for not to work on the inner comes from the ego, the ego is whispering in your ears: “I had a headache so I couldn’t come”. This only means you gave your surrounding the opportunity to bring yourself to a lower level. And this is coming from the ego because the ego enjoys material and outer things and hates the inner. Even the wish for relaxation is from the ego. The ego is afraid for the attitude of: “I don’t need anything. I am satisfied. I have everything”.

As soon you overcome the ego, you don’t need sleeping pills, alcohol, cigarettes or drugs. The strength of the spirito-sphere comes upon you and will guide you to your ultimate goal. Always have the thought for the achievement of your ultimate goal. Know the intention is the most important.

5.2 The collecting of your wishes

Every person has his own roots. Be true at your root but also make profit of the root from people strange to you. There has to be the wish in you for taking in the deep roots of your inner being. Through this we are coming closer to our source. To take in other people wishes creates room within us; because a wish is shortness and only where is shortness there can be a filling. The more wishes we have the more sensors we have for the light. And the differentiation in our wishes makes it only better. See it as enrichment. These wishes are heavier and more difficult to fulfil. There is more work to do. But at the end there will be an inner connectedness. So experience! Search and you will find the love for others, even for them whom you hated, the enemy and the bad ones.

5.3 Life is in the here and now

1 - Afterglow or living in the past is the left hand pushing away

2 - Pre-glow or living in the future

3 - Now-glow or living in the here and now; is the middle way, the product of the laws of the Universe. And this is the way to your fulfilment.

1 - Afterglow. Never let there be an association or confrontation with the past. This is essential!! Of course it feels good thinking on the past, but it brings you nowhere. When you are doing something, enjoy the here and now. Don't think about it. Try to live in the now-glow with the best intentions you have, because life is now. When you think at someone who has done a terrible thing to you, you live in the negative after-glow. It is the shadow of the past. Some of us are living their whole life in the after-glow. As long as people are worrying about their family, their partner, children, neighbours or colleagues and the suffering they had gone through, they don't learn anything about themselves and, they aren't helping others either. It is all in the name of pre-glow or after-glow. When there is a ceremony or commemoration, you only think at the things you or others had done. You think at the honour you got in that time, but it is misleading you. Don't think at it at all. It had to be happened.

There is a saying 'live for the moment', and this is not the way either. In this we only live with the five senses through the outer being. After-glow arouses only pity in you. You give the power to the past. It only feeds the negative forces. Living in your own fantasy is a dwelling, and especially when you connect yourself with the fantasy of others.

2 - Pre-glow is the future you are expecting. You give your energy to the future and not in the here and now. For example: "Over a week we have holiday", or, "Within two years there are the Olympics": expectations becoming your reality instead of the here and now. Fear for the future is not living in the here and now. It is the creation of the shadow. You are taking away the life from you. It is suicide. In the here and now is no fear or hate!

3 - Now-glow. Light only gives when you are living in the strength of the now. For instance you are driving to your work and while you are driving you are thinking at the past or at the future.

The shadows of the pre- and after-glow are taking 70% of your energy away so the chance for an accident is more likely. When you don't live in the reality of the here and now, diseases are more likely. Without the attention for the here and now, 30% is left over for to see the reality and this reality can correct you only. Don't have pity! When a meeting is over, directly come back in the here and now. Don't think: "Did I right", or "Was I good enough?" Living in the here and now means you can use the strength for 100%, pure in your actions.

After-glow is a sensible way of evaluation. But when you are in the now-glow you evaluate the inner being. Coming in the here and now is to follow the middle line. No negative force can attack you. No negative force can suck you away. The middle way is the result from the influence of the light. Only the working with the brains does not work. Neither you choose, nor stipulates. You can only work when there is a completely availability. Don't make comparisons but work with your heart, how? By showing the best intentions. In every situation there are three lines. And the application is a pure individual process.

5.4 The area of the good and the evil is named 'human being'

1 - In every person there is an opening for the infinite light. The light isn't ours; it comes to us through an opening. We have to experience the opening for to attract the light.

2 - The inner being: The inner being experiences the reality as good.

3 - The skin of the good and the evil: Here we experience the good and the evil. This is the area were we have to work. Every person consists of these two parts.

4 - The outer being: People who are living in this area only have the wish for food, drink, sex etc. the outer being isn't aware of the inner zones.

In the inside of the layer of the outer being we see: education, religion, culture, the attitude of life, the social skills, mental consideration etc. these are all varieties of the outer being. It is very close to the true area but it is still the area of the outer being.

The next layer is the zone where lays the experience of the true good and evil of the person. The deeper we go the deeper we will experience the true 'good'. 'To be good' means we are already in the area of the true good. The area of the good and the evil within us is named 'human'. Actually it is the area of our study. First you have to experience the whole area. Accordingly we have to reform inch by inch the stadium of the evil into the good and add them in our inner being. The area of the good will be growing through this process and the evil will be lessening. When we choose for the evil the light is leaving us. We are experiencing this as darkness, loneliness and grief.

When a baby is born he only experiences his outer being. For him the whole world is his. But through suffering and experience we come to awareness. The light is pushing us, it is 'the point in the heart', and from the inner we acknowledge there is something lacking. When a person works on him self the true point in him is growing and receives volume. In a way it is the building up of a structure within us. We have to feel all the layers. How? When one is only a thief, only his outer being is active. He can't experience in himself, or in others, the inner: he doesn't experience mercy. He feels he is innocent. Why? We are talking about the inner, but when one doesn't know or experiences his inner, it doesn't exist for him. And the paradox is; he isn't lying.

When time goes forwards we will come more and more in contact with our self. The 'battlefield' is the area of the good and the evil. This inner layer is an easy one. With alcohol, drugs etc one makes this area evil. The outer being is absolutely evil, is dead. It is the phase of the unborn man. In this stage he is far away from the source of life. He is selfish, wants only to receive for his own good. Everyone wants to receive for him self. The one and only solution is to learn your inner being and bring it to development by learning the Kabbalah.

Chapter six

6.1 Kabbalah therapy: the therapy of receiving in the right way

Forces in the Universe and in beings are to see as wavelengths. We have weak, long wavelengths – FM – and through this we can receive local transmitters, the middle wavelengths are for Europe and the short wavelengths are for the US and Australia. We also have radar, which are wavelengths with a far larger reach and with this we can control ships etc. but above this there are wavelengths where no apparatus can receive the forces – these are the inner part of the Universe and these are in agreement with the inner being of man. With our inner being we can travel were no space shuttle can come. Spaces shuttles can go only were material is.

It is possible for the inner to go to the point were the material (mass) changes into the zero. In the outer being, and all the apparatus are tools for the outer being, here we see the whole scale of short and long wavelengths and they can only reach the point of material. Even the cosmos and the stars are in a way material. Even the roentgen- and laser wavelengths are, although very thin, radiation of material wavelengths. The inner being is reflecting and receiving the most short and strongest wavelength. One does treat swellings with chemotherapy etc. but the wavelength of the inner being is far stronger. This therapy will lead us to an ultimate developing. All problems would be released by the therapy of the Kabbalah because Kabbalah is the therapy of the right receiving. One doesn't need any technology for this. What we need is the knowledge of the laws of the Universe and to come in agreement with these laws. This is enough. We only have to learn how to receive.

6.2 Place of diseases in the human being

We can find illness on the boundary of the inside of the outer being. In the area of the good and the evil we see the roots of diseases. One becomes ill because one doesn't live in agreement with the laws of the Universe. This is the breeding ground. In the control system of the Universum are no diseases, only when one doesn't live according the instructions and laws of the Universum; then physical and psychological diseases manifest themselves. Illness is a warning; it is a message for to attract the good. The outer being hasn't our interested. Diseases are manifesting themselves first at the surface of the outer being. When one doesn't listen, it comes through the system and the disease can become chronically. It is all a matter of dwelling.

When one does something wrong for the first time, it isn't a dwelling. Making one mistake can be part of the growing process. Making the same mistake for the second time still it isn't a dwelling. Of course it has grown but only when one makes the same mistake for the third times it becomes a disease, a habit or we make a standard of it. After the third time it will become easier to go along. There is no difference between drugs, cigarettes, alcohol or looking at the telly. All of this can be named addiction from the outer being. Drugs are affecting only the outer being. Dementia is a disease of the outer being.

The inner being is whole and vivid. In the inner part of every person there is shining the sun, and there is no exception. Even the inner being of a person with Down syndrome is whole and vivid. And this is also for them, who are lying in coma! But the outer being is different. Through the eyes of the true reality everyone is good. In the eyes of the light everyone is perfect, whole, because once he will be corrected. Only when he is on earth in a specific body, he can do his personal corrections and bring himself to wholeness. Every one has his personal route, and all the routes are good. We can see, through the outer eyes, only the outside. It is the outer being that can have pity with a person. Therefore constantly there has to be the difference between the inner – the true – and the outer, material being where the truth is not revealed and invisible.

6.3 The attitude with the Kabbalah master

Making yourself small isn't enough. During the lessons the wavelengths are much shorter. Words are only the outer form for to bring over the inner strength. The laws of the Universe are not simply to pick up. You have to learn them and through this you can bring yourself in agreement with them. It is the area of the inner being. We don't study the outer being. It is not a subject in the study of the Kabbalah.

The subject of our study is the area of the good and the evil within a person because here we have work to do. By working on our self, we come in agreement with our self and with all other people. Religion etc are preparation for the true inner work on you. The beginning of the Kabbalah lies far away of the earthly and material knowledge. In the Kabbalah you have to make yourself small, tiny, a making small of the outer being. It will become easier for the inner being to harass this area and to let it grow. This is what the Kabbalah master is doing in every lesson with every person. Even the Kabbalah master has his area of the good and evil where he has to work. How can he treat your outer being? Through his inner being the Kabbalah master harasses your inner being and not with his outer being, because the outer being isn't a subject for correction. ***There was, is and there will never be a person, who can receive wholeness in his outer being.***

The Kabbalah master is learning from the most secret sources of the light and he knows how to make himself receivable for the short wavelengths, through this he can focus on the outer being and is capable to make openings in the inner being, because there is hidden the high light. Then the task of the Kabbalah master is to focus on the area of the good and the evil and he does do this with words and strengths. All what is happening see this as a cleansing of your windows. It is a very deep process. You start breathing deep within your self, slowly all the cells of you inner being are opening. But of course the cooperation of the student is necessarily. If you come to the Kabbalah training and once at home you are going to nag for example, you will lose your energy, the outer being is the one who is spoiling the energy and makes you exhausted.

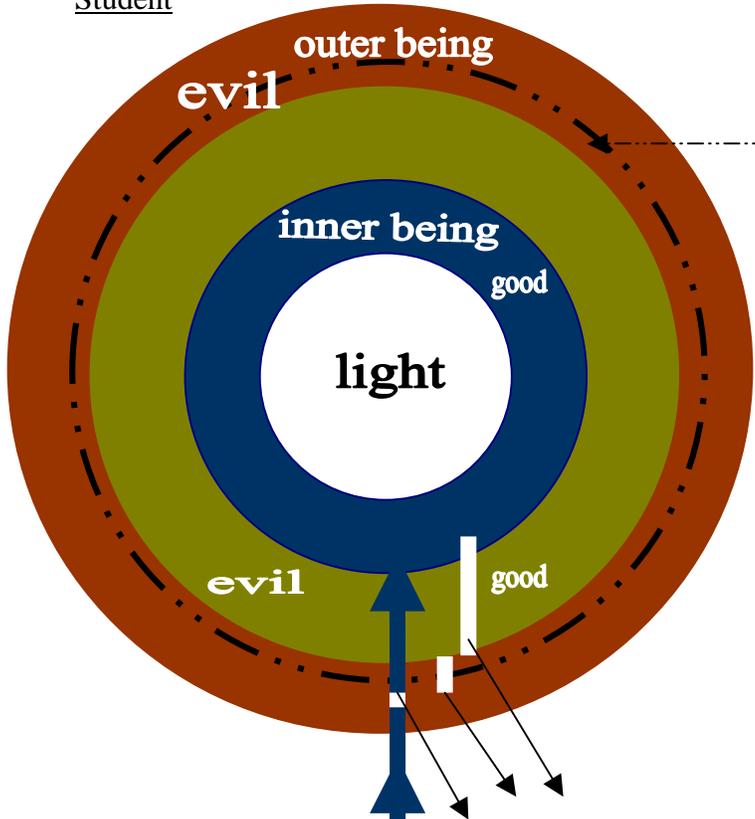
Also at home you have to work for 100 % on your inner being and all what you have learned to apply. Dutch people had fought the sea and had fought for land to live on. Now you have to fight to find the land of your life. The goal of all the work is to open more and more cells, the opening to the inner being. And the task of the Kabbalah master is to guide you to your inner being and he does do this by cleansing the windows. And when this is happening you have your own relation with your inner being and through the inner being with the light. Afterwards the Kabbalah master and the student are colleagues and now they can go further, together or separate on their way.

Once you have come to the experiencing of your inner being, it is possible to give your wishes in a right way with the short wavelengths directly to the light. You will be astonished: from a place of the inner part of the Universe you will receive the good and you will reach your goal because now you are on the same wavelength. And this energy will go through your outer being and the good what is deep within you will come at the surface. Once you have reached the feedback every problem lies within your reach for to solve in a successful way.

Draw. 7
Interaction between teacher and student

Student

By making himself small from within, the student will become more receivable so now he can take in all what the teacher is saying and bring about in his inner.



Teacher



The teacher makes himself smaller and lower than any student, because only in this way he can give. He neglects during the lesson his outer being and his area from good and evil. Through this his area becomes more transparent and shines with the inner strength, coming from the inner strength of the teacher, now his words, drawings, gestures etc can flow directly to the student. It goes through the area of the outer of the student to the border of his area of good and evil. It is within this area the teacher 'fires' and stimulates the good within this area for now he can grow.

And within the student starts to grow his inner spiritual pores (see drawing A, B and C) by which his area of good and evil will be taken in by the good more and more. The increasing of the good will be added to his inner being and will never taken away from him. As you know the deeds of a human are only reaching to the area of his good and evil. But the area of his inner being always stays intact.

The same relation as we see here between the teacher and the student is also valid in all other ways of interaction, whereby there is a true form of the giving and/of a legitimate form of receiving

6.4 Beauty can't save the world

What do we mean by this? The Hellenistic world and accordingly the Roman Empire were focused on the outer: art, philosophy, gymnastic, sculpture, ethics, building bridges etc. they brought ethics in the world and with a lot of gratitude we make use of it. But beauty alone can't make a healthy foundation under the inner ground. If one is making images he places an obstacle between his outer and his inner being. His true being has gone. But however if one is constructing his inner being, he develops the most beautiful things in his life. But they will not save us because they are the outcome of his self-love and they need correction: the connecting with the inner being.

6.5 Resistance for the seductions

To learn Kabbalah is to experience and to observe the inner. Only by experiencing our selves we will learn more about our selves. First there is the experience of the outer being. What you do with your outer being is only for you, in contrary with the forbidden laws outside the inner being. Seductions mean you don't have the strength to say no. One only can learn from his experiences, and from his experience he can build up strength. For example: to win a huge amount of money in the lottery can be very dangerous if you don't have build up the strength of your inner being. How strange it may sounds, you have to get used at richness. When you win the lottery your thoughts will constantly be busy with the outer being, and through this you will loose your self.

Even the strength you have build up in your inner being will be broken. When a person dies there is a kind of relieve. Why? The outer being stops pushing him. Then you see the inner side but together we see the physical death. To be in the 'now' is to feel the true energy. The light is manifesting itself only in the now. This gives you the feeling of becoming a champion. So don't wait till the moment you are going to die. Try to live in every situation if it is the last moment of your life. Through this you will near the now moment. To be focused in the now will help you not to live in the future. And there is no time for worrying. Even loneliness will be gone. There is no time left for dwelling. Living in the moment, in the now is the highest form of life.

6.6 Receiving in the right way

The meaning of the path of life is to bring you in agreement with the laws of the Universe. In doing so, you are building up within you the strengths that are in agreement with the strengths within the light. The only place where we can find the strength of the Universe is in the big hole within our selves. There we will find an enormous strength.

What we have to do is to make the inner layers receivable for these strengths, to let these strengths penetrate you. For the light we are beings of a very rough material and it is up to us for to come in agreement with the light. Everything is within the light; we are only building up a rough copy of the light, our “I Am”, the big hole within me. In the light we can find qualities as wholeness, durability and invariability. Bringing ourselves in agreement with the light means, we also bring the same qualities in our selves. It is the world of experience. The light shining within us has an enormous power. The deeper we go the shorter and powerful these wavelengths will be. And with this energy we can move mountains. But the problem is doubt and a lack of surrendering on the pure true life. We also have resistance for the light. And this is the area of our work.

The light is making matrixes in you because it is so powerful. The more you can come in contact with your inner being the deeper the light comes within your personality. But you have to know the flesh will never be corrected. It slowly disappears when you go beyond the mind. For to bring heavily material in movement, heavy power is needed, you can compare this with the launching of a rocket. After a while the weight isn't ballast. Through the agreement in qualities you can come to the printing of the wholeness of the light in your self. It is me who make myself receivable for the light and now the light can make a matrix inside of me. The light penetrates me, it makes an impression in me, or in other words it puts a stamp in me. This is a legal way of receiving the light. When you make yourself receivable for to love everything and anything, you will come in agreement with the source of life.

Remember, what you are learning in and from the Kabbalah has nothing to do with the physical body. You have to wake up within yourself a place of strength. There has to be an understanding of the heart instead of the head. The head is ending, just as all the earthly thoughts. The heart is full of earthly wishes. Learn to go beyond your mind.

Around every head of a human being there is an aura. And you have to learn to bring this aura within you. The reality will become easier. Because of the love for your self there is no place vacancy for your true I. As long the aura stays outside of you, you will have the feeling the future is somewhere outside of you also. What you feel is seduction and through the seduction you don't live in the now. The shining of the aura gives you the feeling of expectation. There will be a change in you through your inner work but old situations will stay in existence, what you receive is extra. To move has a different meaning in the inner world then in the material world. There has to be the willingness of experiencing a new event. Some events are signals from above. You have to expect and to learn from these signals. Don't hide them. React and seek the confrontation, but in a right way. Look at them with in your mind your goal. Don't mourn to long. Don't live in the past either in the future but in the now. Don't think you will be guided; it is living in the past.

6.7 Three types of persons with qualities you can use for your inner work

These three types are:

1. He who has a great fantasy
2. He who is a bodybuilder
3. He who is a charlatan

1. The person who has a **great fantasy** doesn't want to live according daily routine. He wants to be creative. It is the same for us; we also have a picture of the future. But what we are doing is to bring the light that is around our head to within.

2. He who is a **bodybuilder** has a lot of discipline and is consisted. He doesn't drink and is very picky in what he eats. He has a goal in his mind. The building up of his physical body and muscles are higher then fat. A bodybuilder can achieve a lot. It is the same for us; we have to be as bodybuilders but for our inner being. This work also needs discipline and perseverance. In a way we are 'inner Arnold Schwarzenegger's'.

3. The charlatan is someone who works in a very cunningly way. And you too have to be very cunning for to reach your goal. In the inner work you will meet your ego and the ego is much stronger then you are. You have to play a game with your ego, but a very serious play. You have to overcome the ego, overcome but not kill. In a way you need the ego. At the end of the correction the reminder of the ego will bring us the strongest light. But for now, you have to play with your ego and feed him now and then. You have to calm down and to satisfy your ego. Otherwise the ego will thwart you. For example: a person wants to stop with smoking cigarettes, he has to lay down everywhere a package of cigarettes and when he sees one he has to say: "Later". This gives the ego hope.

After having done an exercise with our inner being we will feel an inner pain, just as when we have pain after a physical training. You have to build up slowly. The more you can endure the more happiness you will experience afterwards.

6.8 What is happiness?

The more you limit yourself the faster the proceeding will go. When there is a lack in the limitation it means there is a lack at confidence. You have to limit the stitches you feel inwardly. When there is an outer feeling of stitches you can use an ointment. There has to be limitation but it has to be a limitation with happiness. If not it is useless. In the higher there is unity although it may be seen as controversial in the material world. For the outer person restriction is something he doesn't like. But the inner loves it. When there is no resistance from the inner you have to go beyond your reason, even when it will hurt the outer being.

So what is happiness? Happiness, joy is a condition needed for to progress, for the unity with the higher or for the next step in the inner. It is the feeling of uplifting. And this can only be done in happiness. A wish always comes from a situation of shortness. So how can I feel or do this with joy? When there is no joy in your request, your request will be as nagging. Joy or happiness is a sign of sincerity. In a way there is joy when you go to a chirurgic because you know afterwards you will be released from your pain. A limitation for the limitation isn't right; it is a primitive way of thinking as we see in every religion. It doesn't work. Only with joy, in happiness you can come to fulfilment.

6.9 To receive the light by way of a screen

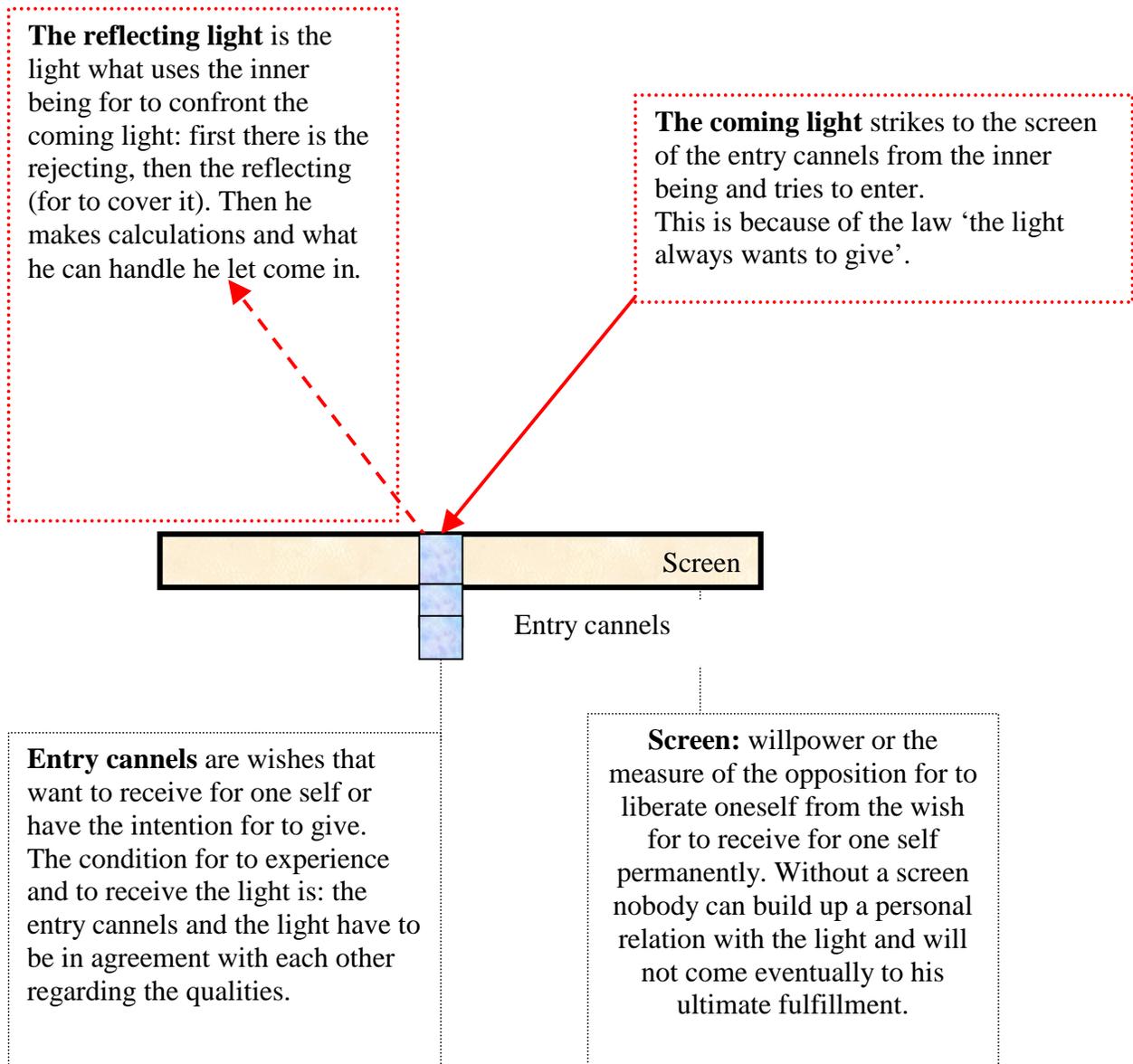
All the four forms presented in nature are receiving light and pleasure. When a person wants to receive the light he has to build up a screen within him. This is a system of filters from different kind of letting through, coming above the inner organs of awareness, and through this he can come in interaction with the oncoming light. The screen is to be seen as the added power to overcome the self-love and through this strength he can come in interaction with his inner being. The screen makes us receivable for the light. In the Universe is a system from rough upgrading of the light, and this is named the control system. This upgrading of screens and filters are there to veil the light more and more.

All of this is needed for a person so he can build up the screens and in the same amount he will receive the right quality of light. Light is filling the world in agreement with the control system of

the Universe. Screens are everywhere and they can the light go through or take in the light. Even the greatest scientist makes use of a small ray of light, in the amount he can handle as a person. It is up to us how much of the light we can receive; we only have to learn to build up the screens, over and over again.

Draw. 8

Interaction between the coming light and the entry cannels



Chapter seven

7.1 They five W's and five A's in every situation

A very important tool is meditation. Through meditation you can come in contact with your inner being and become attached with the true goal of life. You can't compare this with making a deal as we do in our world, you can't make a deal with the laws of the Universe. In every situation there has to be meditation, continuously there has to be a connection with the light: in your work, during a meeting, at home etc. Each time you feel attacked or torn away; when you have the feeling the light has turn away, then meditate! Meditate as soon as possible, because then you have the strength. Without effort it is impossible to come in unity with yourself, once you feel the unity, life will become a great adventure for to come to fulfilment.

There are situations or events that torn you away or bring you out of balance, to the point when there is no unity with the light, then you have to ask yourself five questions: What? When? Why? Where? Who? These five questions have in every situation the same five answers.

1. **What?** What ever happens, your answer on this question is: **it is my reaction**. A tsunami is horrible, but it is all about your reaction, your awareness. This always will bring you back within your own boundary. Only within your own boundary there can be a comprehension of the light, of your own inner being. When you let your self being dragged in whatever the circumstances will be, you are doing adultery considering your personal correction, your ultimate goal.

2. **When?** What ever happens, the answer always will be: **now**. When you are thinking at tomorrow you are playing adultery considering the situation of the moment. You lead yourself into the past and you are taking away your life, the life forces of the now. It is suicide. Do not mourn too long. Don't stay too long in a situation. Always look at a situation with your inner being and with the moment of the now. Only in the now you have 100% strength for to handle the rough reality. Don't think too long about the future, a flash is sufficient.

3. **Why?** And the answer on this question always has to be: **it is for my correction**. Never, and remember never try to argue with your earthly mind, it always will go wrong. The why isn't given at us, you can't feel the why of the seemingly misery you think you are involved. Always there has to be the longing for your personal development and fulfilment. Don't give your heart the chance to drag you away. Close your heart for the drama's because they don't exist in the true reality. It is only the spirit of the group and we want to liberate ourselves from these chains.

4. **Who?** And this question always has to be answered with **'I'**. It is always a condition of the correction. And not only you have to know this but you have to be convinced of it too.

5. **Where?** And this question always has to be answered with **In Me**.

When you keep in mind these five questions and you give yourself these five answers, life will be successful.

Meditation is an inner operation you do within you; it is the building up of an inner strength for to give answer with all the power you have within you, justify yourself with heart and soul in every situation. After a while these answers and questions will arise in you atomically. Always there is the seduction for to penetrate and disturb you.

Only when you come to meditation in every situation with these five questions and five answers you can handle the situation. Through this you develop a screen, and with this screen you are building up the strength for not to receive in an egoistic manner. You are constructing a filter through these meditations and through this you will only receive what is good for you, what will bring you to fulfilment. As a result these five answers will be reflected through your inner being. It is a game, because it is good to receive something. Only what matters is the how. Is it good for me? Do I have enough strength to resist or not? What matters is what you are going to do in a situation.

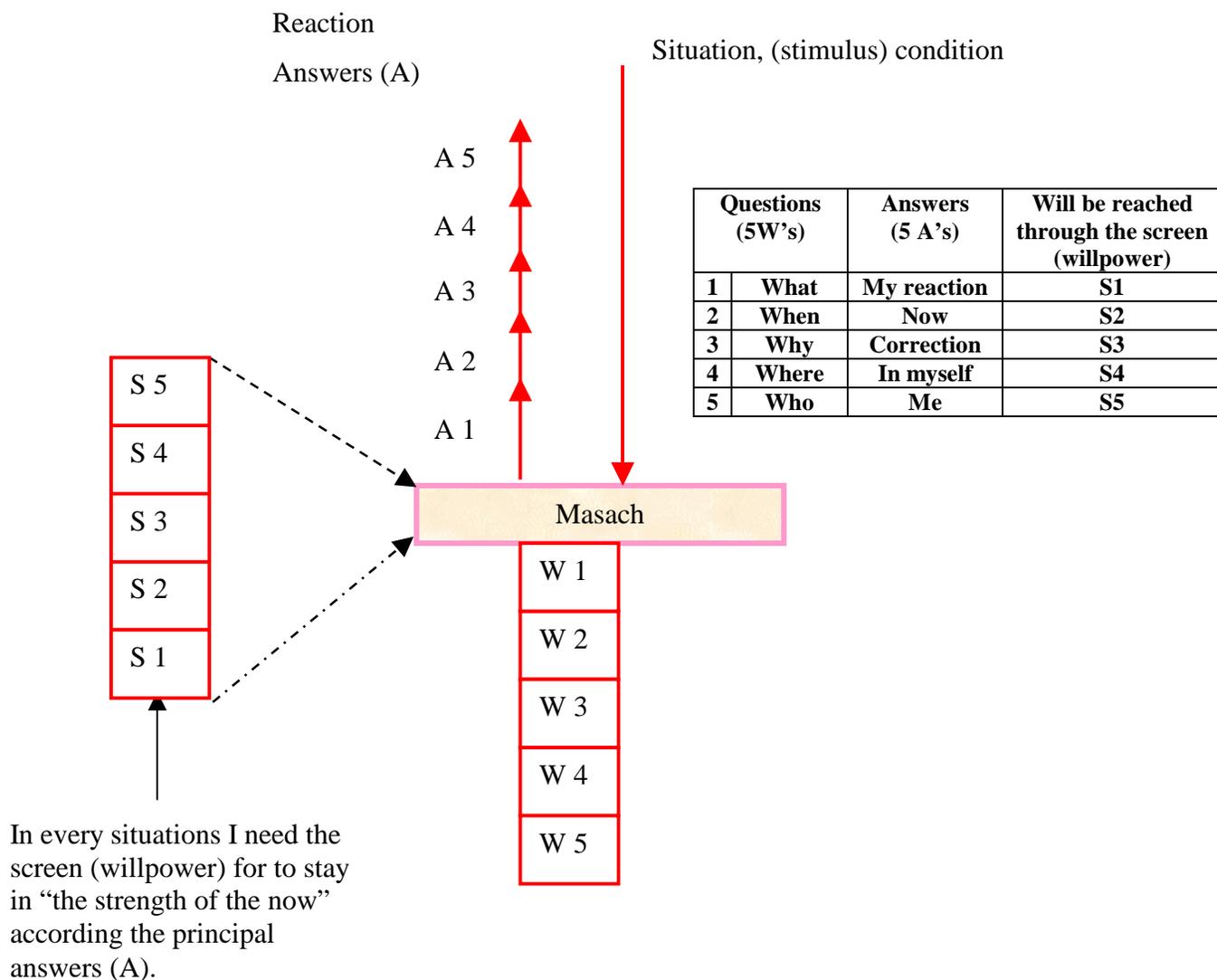
At the surface of our senses we are building up the strength to realize these five answers. It is not only a knowing of the five answers, we have to feel them too. Then we are in the position where we can say, what ever happens, it is happening to me so now I can make a correction, I can't

blame someone else; it is a response of the outer being. In every situation, science, technique, craftsmanship, politics, illness or whatever problem, there has to be a justification through these five answers. Once we have this strength, every situation will be a child play. For example you get a fee; you are in the position to say, 'this is good too'. We have to pay the fee and we can do this with joy, instead of to hate the policeman and being angry. When you feel anger you know you haven't correct yourself. Each of these five answers has a certain power. Every correction gives power; when we don't correct ourselves, we have a shortness at strength. And we can change this. It is the strength of the now. To live in the now isn't easy.

Suffering is a side effect. It isn't necessarily. We suffer because we can't give. First we have to work on these five answers, in every situation we have to transform the old answers in these new five always-correct answers. Then we will reach the optimum of the openness for the light and the light will give us the right solution. What we are doing is to lift up the sparkles of light out of our egoistic wishes. Once we have brought them to the upper body they can be corrected. And this needs a lot of effort, but the reward will be tremendous. Now you can understand the saying of the resurrection of the death, from our death wishes. Our work is superhuman and under human – it works on both sides of the body. To be human is egoistic. We get the light out of the darkness.

A dream is from the past while we have to live in the now. So don't give it a lot of attention. It is your reaction. It is a correction. Each time when there is the feeling of not feeling good you have to be aware it is good for you. Bring in remembrance these five questions and give answer with these five answers. They will always fit. Don't give the answers because now you have learned to do so, there has to be the strength to experience them. There will be a difference between the strength of these five answers and the state of affairs. When there is a question there always is shortness. The answer is the feeling of light, pleasure you are receiving in the solution. When the situation is too strong for you, you have a feeling of shortness, of darkness.

Draw. 9
Meditation one



Every situation (stimulus) which one experiences or one find him selves in, is to consider as the coming light, pleasure, seduction, challenge (positive or negative). How to handle this? How can I overcome every situation, every condition, without exceptions, so I will come closer to the ultimate goal I have set for wholeness and the completeness in myself? When we see ourselves in such a situation we have to ask ourselves five principal questions, which are in every situation or/and condition valuable. We are calling these questions the *'five W's that are reflecting our shortcomings'* and they need the five principle answers. These questions are remarkable because they only need one answer that is always valuable and will give the perfect solution. But it is not enough to know simply these answers. Don't let them be as meaningless words, in other words they need the same strength for to be consumed by the inner. The strength of every answer in every situation forms the 'living in the now'.

For to achieve this, I have to bring my feeling I experience in a particular condition, in the situation of the agreement with these five Answers on mine five W's. So first I start to work from within to reduce the difference between my subjective feeling and the true 'living in the now'. How? I reduce the difference by an inner meditation, to bring up the strength so now I can confront the coming light (for example: a condition whereby I feel a lot of pressure) with the screens of the now I have build up, that can withhold in this situation the free penetration. Accordingly now (in a rule) automatically calculate how much of the light (pleasure, awareness, information of a particular situation) I can receive in an unselfish (free) way.

You have to work with these five answers, they will fill the shortness in you, but it is you who have to give the strength for to take in these five answers, they have to become a part of you. A screen is the strength of altruism. In this strength are hidden the potential of these five answers. Eventually we have to come to the aspect of the receiving for to give. We are learning how to work with the laws of the Universe. As long your outer being is in agreement with your inner being, something is wrong. The work of the inner is in contradiction with what we think. It is the source of life.

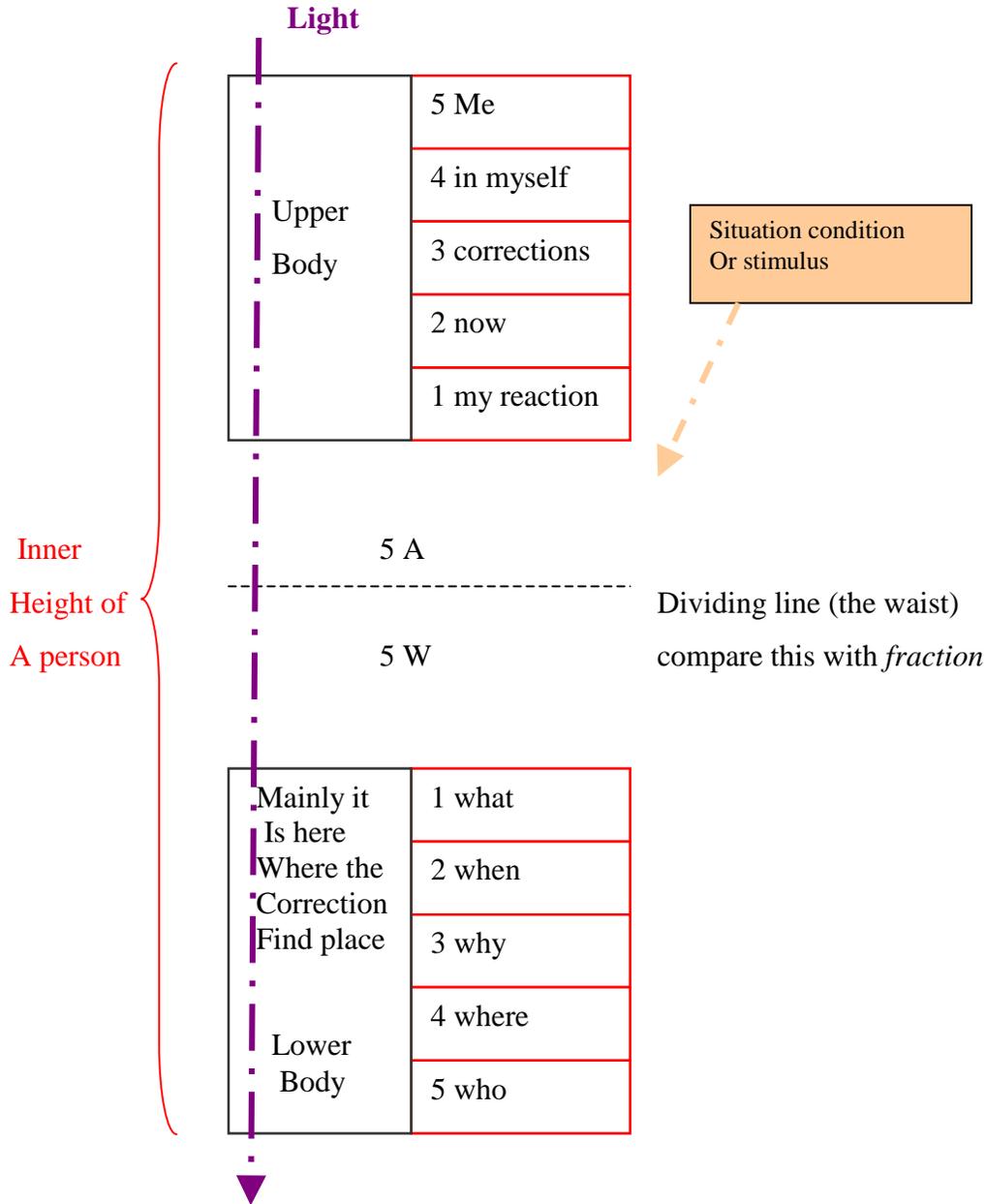
When we want to give and we aren't capable to receive, we don't have build up the strength to receive these five answers. You have to work very hard to realize these five answers in your inner work, in every situation you have to confront yourself with these five answers, when you do so you are building up the oneness in yourself, the strength, the emulsion, cohesion, in every situation. Everything out side of me is light. Every condition is a tickling for you to do your work. That you may become to awareness. What is good or evil is only a feeling from you. And you have to react adequately at both of them. When you only want the good you are a child who wants some candy. Then you only follow the law of nature. Therefore it is very important to strive for wholeness. Don't be too comfortable for yourself; don't play the good one or the saint. It is this side or the other side. It doesn't matter. Don't react in another way, be sincere in who you are. Never be angry or let yourself being made angry.

The experience of wholeness lies in the inner defence of the situation. Here we see the erosion of the five differences. In our daily work we say: “I want, I want, I want”. But the true assertiveness is to radiate the differences between these five true answers. Don’t behold in what is written, to turn one cheek to the other after you had received a smack. Everything has to be seen in the context of the ultimate destination, it has to be in agreement with the light. Those are the five questions and the five answers. Why was your behaviour so ridiculous now you have a fee? You couldn’t eliminate a deficit. When you say ‘I’, you will bring it inside of you, to the inner being. Never bring it outside of your self. Here we see the reason why religion doesn’t work. There is no salvation because it is only very reasonable.

Here we see the common attitude: “I don’t understand so it doesn’t exist”. There is only the speaking about the inner but there is no experience. You have to bring it within your own context. This is the connection with the light. What ever happens, it is inside of you. Something wants to penetrate you. You have to build up the strength within yourself so you can see the context. After a while all the questions will be seen as one. Never, and I really mean never give control to your emotions. Of course you may cry, it is human, but it is also if you are playing in an act, it isn’t real. You have to realize, there was, is and will be no drama, it is all in the game. Whatever happens outside of you, bring it to your inner. Every day there has to be a union with your inner. ‘This is where I have longed for’. Now it is the time and the right place to come in action because there is no place for other things in your heart. What you will do will give you everlasting pleasure.

Draw. 10

Teamwork between the 5 W's and 5 A's.



Compare this with fraction: the smaller the divisor the greater the dividend, when one brings his 5W's in agreement with the 5A's the W's will be resolved. One comes closer to the ultimate correction and one experiences the wholeness in every situation.

5A (denominator)

----- = ∞ (The maximum feasibility)

5 W (divisor) strives for the zero - 0)



7.2 The greatest pleasure comes after the deepest disappointment

It is good to have questions; through these questions you will receive the light. And a question is shortness; it is the only thing we need. You have to find the answer for and in yourself. It is as an explosion. Learn to live with the questions you have. When you have your questions, it is more than the world can give to you. Don't interfere with the problems of others. Do you know the reason why someone wants to kill himself? Don't say: "You are out of your mind", or, "go ahead". Then they make another choice. The question always has to be within you: "Where am I living for?" If people don't want to work on themselves and they don't bring these five answers to a solution, it is their problem, not yours. It is there life; they will have less energy and may be depressed. They are searching for an excuse so they don't have to work on their selves.

When a person is loosing for more then 50% of his wishes he will automatically longs for suicide. There is no balance in him. The longing for death is greater then the longing for life. Keep in mind, this can be the mid point, when someone has reached the deepest level, the deepest disappointment, it can be the turning point for to come to life. Then there will be the answers from within, and this is the greatest victory one can have. Now the love for life can grow, this is the deepest feeling one can have. When you withhold someone who wants to do suicide, you will take away the change for him to grow. So, what is the way to help others as long as we aren't corrected in our self? Purify yourself and build up yourself. With this you are helping others.

Chapter eight

8.1 Light will arouse in us the wish for to receive.

Light is singular and unchangeable. The fields of strength are not within the light itself. You can see them as qualities. It is us who are changing once we have brought ourselves in agreement with the laws of the Universe. There is nothing in the common what we can't find in the special. Now we are going to experience the ladder of our inner being. So why do we speak about screens and the coarsening of the light? The light is structured in such a way that we can experience different layers. Our task is to bring up the strength for to reach the lowest level of the coarsening. Once we have reached this level the coarsening will disappear. Every uplifting makes a step to disappear. This is were we have to long for and were we have to come in action.

It is the light pushing us for to receive. So how can we experience both aspects of the indivisible light, as well the light as the wish for to receive from the source? Within the light there is the root or the source from our inner being. The darkness is so great; we can't see the path that is leading us to the source. Our existence is an inner existence. The body is only a costume, you can compare this with the clothing of a spaceman and the inner being is the spaceman. We aren't the clothing but we do need it for going into space. Our costume is necessarily for to experience the slow atmosphere here on earth. But the inner being is receiving the life and not the costume. It is the same when we speak about astronauts; we don't talk about their clothing, but about the person who's within. It is the same here on earth. Within the person and his body are the inner being and the area of the good and the evil. If you want to come to fulfilment you have to purify yourself from the evil and not from the flesh. And purify yourself has the meaning of bringing yourself in agreement with the light.

So what is the building material existing deep within us? They are the fields of awareness. And all the strengths were connected. We, our true inner being have felt down. All our strengths of life were broken. This is the reason why there is doubt. Every being has to make one self-receivable and therefore we need to develop. This is how we are made.

First we need the wish to receive, then the wish to give, why? Once a person has the will to receive, he receives the light in all kind of varieties of pleasure and satisfaction. It feels good. But at the same time he receives also the taste of his own qualities. It is the law; a mother has to feed her child. Nobody can come to the aspect of giving before he knows there is absolutely no giving in him. The giving lies within the receiving. The light has the quality of to give and to receive in one root. So, when a person experiences the quality of the light, he feels shame. Why? When he is receiving he also achieves the aspect of the giving. He sees the giving is higher and therefore he has the wish for the giving. First he wanted to give only for to give. Then there is the awareness; giving feels much better, it is real, perfect and higher. At first we give only for to give because we don't have the strength for to receive in a giving way. But there is a difference, it is not the receiving of a child, but we are building up strength. They aren't alms, but we have deserved it because the outer being has worked very hard.

Is there a difference between the receiving as a being of our world and the receiving of the inner being?

During the process of alteration from the egoism into the altruism, we are forming receiving stations, receiving cells, and everything comes from the same source into these cells. It is the intention and the intending that are changing. You are changing the nature of the receiving. As long we stay in the manner of a selfish receiving we aren't still developed, there is no inner movement what will brings us to the ultimate goal. It isn't wrong because this is the material of our nature. But today, in the development of the evolution we can go faster and faster in a very consciousness way, there is an inner pushing for to receive in an altruistic way. It isn't wrong to receive in a selfish way. It is only a stage in your development. A child is playing with his toys; do we blame him for playing with his toys? There are no rules. No codes. It is an individual phase of development. But you have to do this for 100% on a voluntarily base.

Progress always goes hand in hand with preparedness, and your progress lies in the preparedness of giving up the earthly mind for the sake of the higher mind of your inner being. There is no loss. You only gain. You have your doubts so now you need some research, work on it, but at the same time you have to make effort to cleave at the laws of your inner being. In this you gain a lot of inner strength and insight and you will see the goal of your life. You have to annul yourself, don't talk about yourself, the battle is within you, but it has to happen without any force, it has to

be done in a soft and easy manner. Of course you have to make effort but not too much. Don't cry or feel anger considering everything what is happening to and within you. All the misery you see in the world is repairable, except anger. You can feel sorry and come to remorse, but anger breaks the inner and you have to start from the beginning. So, your heart must be free of anger. It is very special: anger is a quality not a condition.

8.2 Everything has a meaning

Everything has a meaning. Even a house may not be broken. A house is a product of the transpiration and the disposal of your body. Nowadays we have to be very careful considering the animals and the human beings. This will give an enormous correction. Say 'thank you' when a fly had sting you. A human is a very intelligent being. The fly wants only to receive. Also have respect for the flowers and plants. Let them live. This is also a correction. Don't throw away the leftovers of your food. Even when you are a millionaire, the control system doesn't look at your bank account but in contrary, He looks for the little things you do. So when you attend a party take only what you need. Food gives strengths. Don't throw anything away. The food on your plate has to be eaten otherwise it will become waste, but not for an animal. If you want to be rich – and this means you are satisfied – you have to be very careful with these things. If you neglect them you will never have enough. Save the materials you think you are in need of. Others can make use of it so give it away rather than throw it away. It is difficult to see but a mother, who is feeding her child with her breast, is feeding the child with waste. She doesn't eat the same as her child.

In the upper part of the body up to the waist the food is good, below the waist there we see the evil. Food what hasn't been used becomes waste. In everything we see the aspect of good and evil, to give and to receive in a selfish way. Both are necessarily. You can't taste the good before you haven't taste the evil.

Once there was a certain moment the light shackled up everything for to make the right emulsion, so now every element consist of two things: the higher and the lower. This has become the atmosphere were we could live. Every human being has the wishes and the strengths that are in the world. But at the same time, every person has his main and individual ingredient.

When you see misery, see it as yours. You can't close your eyes. Every day a human being has to make correction because every day is different. You already have taken in yesterday. This means we are acting conform the agreement with the laws of the Universe and not because it is within our nature or because we expect a reward.

8.3 The last generation will have the most light

There could be a question in you: this generation is so selfish, how can there be something good? We are the waste of all others waste from all the people who were once living on earth. The first generation was the most pure. They received their food. For them a correction isn't needed, they don't have to come back. Their task has been fulfilled. We belong to a later generation. There is no waste in the Universe. The smallest wish is the highest product. The last generation will have the most light. There is no disappearance in the inner. We are working on the whole. When you work on yourself you are working on the whole. We are correcting ourselves for the common good.

The light is there for everyone, for nature and humanity, even for the plants. Everything has their roots in the light: stones, plants, animals, all of them have their roots in the light. They also have ten fields of strengths. A lion for instance eats an animal, but he only eats what he need, the leftovers are for other animals. An animal isn't egoistic.

A human being is made in a way he has all the four forms of nature. Our nails and our hair for example are related to the mineral world. It is dead material while it is still growing. When an animal eats plants, the plant becomes a part of the nature of the animal. In a way it is an uplifting for the plant. The same is happening within us. But the uplifting happens only when a person eats what he needs. Everything is connected which each other. A good deed gives an enormous resonance. We also have to respect the stones and the mountains. A physicist can explain how

craters are working but everything has a reason, is essential for the Universe and the human being. When we damage a mountain, some day we have to pay back for the damage we have done today. The last and great correction depends from us and only from us and not from fate. It only can be done through our sincere desire and our sincere wishes to live according the laws of the inner being.

Chapter nine

9.1 Wholeness is in your heart

As long as people are living on earth they are looking for wholeness, they go to holy places and there is such a place. It is within your heart, there we can find the holy temple; the most perfect place is within your heart. But one still looks for this place outside of one self. He thinks he will find love in Rome, Lourdes, or Tibet or at the wall of mercy in Jerusalem...but it is the same as eating cookies, after an hour you are hungry again. So grow up!! Become an adult in your inner. Don't think a physical place can bring wholeness. It is the opposite: it is us who dedicate the place.

The temple of the outer being had been destroyed by the higher strength Him self: first the Babylonians and later the Romans who finished the job. It is a holy place where the temple is, but when we are not corrected we will only feel emotions. There is a principle: nothing comes from above if we haven't first evoked it here below. So don't wait.

In holy places we feel joy because our ego is quieted. There is so much power from the good that the evil becomes invisible. What we experience is our inner and we project them on ourselves. The good in us arises. And what isn't corrected shelters for a moment, but it hasn't been done through our inner effort. So, when we are in holy places we have to be very careful. Holiness and evilness are going hand in hand. Mercy and severity are both strengths, structural present in the Universe. Only mercy doesn't exist, but you experience otherwise when you are in a holy place, it is the inner being that is experiencing this. What you experience is the story what has been told to you. This is the reason why the Higher strength has demolished His own Temple so we could make a place within ourselves: 'the temple of our heart'.

There were four conquerors of the temple:

The Babylonians

The Persian

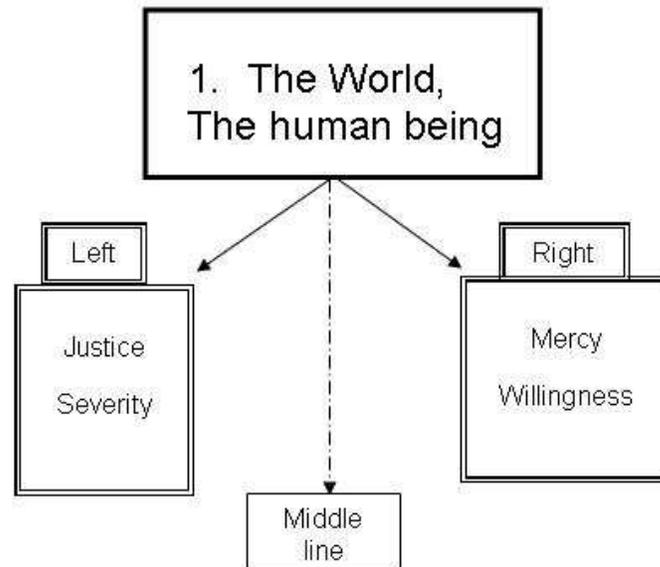
The Greek

The Romans

The Greek invasion brought statues in the temple. Others had brought pigs. We are only talking about qualities. Only when there is a very strong desire for liberation we can experience the eternal.

These are the counterparts of the four treaties in every being. Against the treaty of the eye we see the evil eye. Against the tongue that praises and brings honour we see the evil tongue. Every person who is working on himself has to conquer these four points of misleading in every situation.

Draw. 11



Formula of the perfect temple:

1) The personal perfect temple within the inner being

$$T_H = f(C_p)$$

Indications:

- Th: the perfect temple in the heart of every being.
F: the function of....
Cp: the personal correction of one being.

2) The perfect temple of whole humanity

$$T_M = f(C_{\Sigma m})$$

Indications:

- Tm: the perfect temple of whole humanity.
F: the function of....
C_{Σm}: the total (Σ) at personal corrections of all beings.

All what we are doing is to make corrections for to build up the temple. For the personal temple that is within your heart, this is the holiest place of your inner being. With every correction you are building up the temple of your heart. In the smallest detail we see the light of the Universe. The temple only means 'to be whole within your heart': meaning you experiences all the ten fields of strength in every facet. All your strength and power has to be directed for this goal. Serve your own personal correction and at the same time you will serve the whole. In the right we see mercy and love. In the left there is justice and severity.

When you return from a holy place you feel demolished. Everyone wanted to be good. The positive powers were so strong and it was if you got a gigantic injection but in reality, this is not who you are. It wasn't your reward. When you are at home and the power is gone, you see how ugly your self-love really is. So be careful. Of course there was love, but with this love your ego was growing also. You felt yourself immensely protected. Once at home the light had left you. Your ego, your self-love was connected with the love, but the love for yourself wants to destroy the true 'I am', wants you to make a mistake.

Only the light can make the middle line. Life is too short for comedy. Or your effort is for 100% or you stay in the stage of comedy. The ego only survives when you are dwelling. It makes use of the high power for itself. And this isn't good. But when you ignore your self-love, then you have nothing to eat, because in the same places are hidden the sparkles of the giving.

9.2 Who is talking in me: the self-love or the true 'I am'?

A fruit tree can carry a lot of unripe fruits but the farmer picks and counts only the fruit that has ripened. The one that are unripe he doesn't notice. It is the same with us. The spirit of the mass doesn't count. The unripe fruit is sour we can't eat it. But everyone wants to be counted and eventually everyone will be counted.

As a rule of thumb: when someone invites you to reach the precious inside of you, for example to overcome your self love, without any effort, be sure it is fake. There has to be effort, and there has to be awareness in what you think and feel what is very strong in you. Habitations are a trap.

Feelings are a part of you. They are coming and going. Be careful with them, they may not make you dependent. When you make efforts, the strength of the effort will make carvings inside of you, and through this it is easier for the light of correction to come within you and wake up the hidden sparkles inside of you. The evil in you is only there because of your dwellings. When you are focused and alert you will be protected inch by inch. What comes in your mind is as a rough material.

You have to live in **the Now**. Every day there has to be the question of: “Who is talking to me? Is it my self-love or my true I am?” In a way you are polishing yourself; like a diamond polisher who polishes a diamond. What you are doing is to make visible the best of you. All the corrections are based on the laws of the Universe. Your question has to come from a deep need, from deep despair. Because when there is despair, the solution is near, don't run away.

So what to do? You need strength for to overcome the shortness in your struggle to overcome your self-love. First you have to learn not to dwell. Then you have to learn to do the right thing, so at the end you can say: “Yes I have overcome”. And this is for everyone possible!! Self-love is the brick for every human being and is always in need of strength. It gets its power out of the strength for the good. Be alive through the good.

When someone has mercy, his self-love flees away. Self-love means: receiving for one self. It is an egoistic form of receiving, coming from the unclear powers. Where is shortness, be sure the unclear powers are there too. Shortness is the experience of less than ten fields of strength. Everything consists of ten fields of strength, but not everyone can observe them. Some observe three fields of strength and others five. We always can correct this inner blindness. There is nothing wrong to be at first blind, because then there is the longing for to see and the appreciation of the light. Know, before we can see the shining, there was first darkness. We have to bring everything to completeness: not 50-50. There has to be an effort of 100% for the correction of the self-love in the aspect of the giving. And only then we can grow up.

There are only two strengths in the Universe: the right and the left strength. These two strengths are always there. The middle line is a combination of these two strengths and arises when there has been a correction. It is not a third strength. Only in the lowest part of a person we see the ego.

This is the uncorrected part of the wish for to receive; it is a mix of unclear powers. When there is severity, it is the severity of the law. A person who is corrected can justify everything in this world. He can see the outcome of the ten fields of strength, and he sees everything is absolute good, even the control system of the Universe. But first he experiences the severe master. When you can correct yourself, the same severity becomes mercy in your awareness. When you persist and all the sparkles of the good are in the top of you, you go beyond severity and you experience only mercy; but of course there is severity on the background.

The light and the whole control system will be experienced as mercy through our corrections. It is possible to experience the inner world of wholeness if we realize, with the right intention and surrendering and not only with a simple deed of our hands and feet, our corrections. In a way the world has to become a better place for you every day. And it is for you to experience this. It doesn't matter if you feel the world as good or bad, it is only a momentum in your correction process. When you say or feel the world has become worse, you still have shortness. Then you are attached at your self-love, at severity. Once corrected, all the laws are in you and you are the physical outcome of the law. The laws won't be necessarily anymore, they are carved within the inner being.

Each moment we can learn the laws and experience them in four levels. These four levels are in agreement with the four layers of the four commandments. What are the qualities around the eyes? Here the person experiences the evil for 90% and the other 10% is good for him. Of course, considering the four commandments this only means he has the strength to live only according the commandment with the eyes. The others commandments are hidden for him. When a person only has the layer of the eyes, he feels life as something evil. But a person who has the inner strength to live according the next commandment, the commandment of the mouth, he experiences his inner for 50% as severity (the evil) and for 50% as mercy (the good). Everything is within us. Inside of us lies the ability to see the world as whole, perfect. To become aware is to learn the codes and the laws of the Universe.

When you are capable to live according the commandment of the heart, you feel the world for 90% good and for 10% as bad. And when you reach the area of the field of strength named 'base' (where lies the genitals) and you bring your self in agreement with the light, you become attached

in an optimum condition with the laws of the Universe. Further and further goes the process of correcting till the moment all the self-love is corrected in goodness.

But there isn't the possibility for a 100% correction because the finishing touch will come after the '*gmar ha'tiekoen*' – the ultimate correction for whole mankind. In this you will come to the understanding we are all connected with each other, and our common fulfilment depends of the complete correction of every human being personal. And when my personal ultimate correction has happen, the bad will be transformed in a transparent goodness and I will be, in truth a free person. Everything has been done, the task has completed. Remember, the sun is always shining behind the clouds.

9.3 He who makes himself small will see the light

How can there be an agreement with the light, when you only receive while the light is the giving?

Only when you transform your egoistic nature then there will be no reason for the light to be separated. Then you will be dignified for to receive the light with the intention for to give. But he who is still in the area of his self-love, there is no chance for him to come to fulfilment. And to come nearer to the light or to go away further and further from the light depends only from his pride. When he overcomes his pride, he will come closer to his ultimate goal. It depends only from the person if he comes to agreement with the light; he has to uplift the laws and makes himself small from within. The more you make your self smaller, considering the true reality of course; you will come closer to your goal.

This doesn't mean to humiliate your self for others; it is an inner movement. When there is someone who tries to humiliate you, you have to make yourself from within small! Remember: only from the outside your feeling of self-confidence can be touched, **never** from the inside. Only a human being can give others the feeling of confidence or the feeling of humiliation, but it is all from the outside. The light brings us in a low situation so now we feel ashamed. But it is by purpose, why? The light wants to guard us for too much arrogance and helps us with the liberation.

Always talk with a soothed voice. This will guard you for anger because anger brings people to the state of egoistic receiving. When you have liberated yourself from anger, you will feel mercy and servitude in your heart. And this is the finest quality you can have. Through servitude you will come to alertness. Now you will always think about the questions: “Where do I come from and where am I going?” During your life you are like a worm just as when you are dead. But when you think about these things, you will become happier and you will be satisfied in everything what is happening. When there is an inner modesty considering everyone, eventually the light will shine upon you, this gives you the feeling that you have come to realisation, and in a way it is true! Why should you be pride: because of your richness?

A person is being made rich or poor. Does he have the certainty he always stays rich? Is it because of his honour? It doesn't belong to him; he only receives it. And the honour he feels is very thin. There are so many examples of the destroying honour in the world, so how can he stand upon his honour that doesn't belong to him? And he, who is proud because he has so much wisdom, let him look to the wise men of the past. How many wise men were there eventually? They have got an illness like dementia or in another way there wisdom was taken away. What was left of their wisdom?

So, always make yourself small and let the light raise you up. Always clear your mind and think about what you are going to do or to say.

9.4 Let yourself not being dazzled

This is the time to become consciousness. If there is someone who says he has seen the light, then immediately ask ‘what was your merit?’ All the meaning of life is to take fate in your hands. And this won’t happen when there is spontaneously a flash of light that overwhelms us or controls us. We have to have a desire for to take in as much as possible, and when we don’t have enough strength, then inch by inch. The problem is, light always and constantly wants to penetrate us, as well from the inside as from the outside. Even the light we already have taken in has in a way no limit. It is difficult to stay self-controlled and with limits, certainly when you have taste the light (pleasure).

Inside of us we feel an enormous pressure, stronger than the strength we have and it pours out entirely. The light enters the head and from there the field of strength enters the ‘mouth’. It is the same as with the physical mouth where we take in the food and drinks. Physical food is also light. It digests and will be brought in higher compartments. What we don’t need will be expelled. It is the same with the inner processes. The light enters through the ‘mouth’ to the next field of strength ‘the navel’. The light pushes from the inside and from the outside. At a certain moment it is unbearable and it will be poured out. But the remainders of the light will stay forever: this is why we want to receive more and more.

9.5 Being great in a lower position and being small in a higher position

At first a person can’t distinguish what is a higher and what is a lower position in his inner being. Suddenly he can make a jump and arrives on a higher position, but the experience is otherwise, it seems a lower step. Within a higher step there is the feeling of being small and when you are in a lower step you feel huge; this is a fact. Always remember; when you feel small it is possible you have arrived on a higher level. People know when you have become higher because you have risen in quality of your inner strength.

9.6 What is guilt?

Never feel guilty. It doesn't matter what the subject or object is. It is forced upon us from a historical point of view. Although you may have dwelled a lot, it is not given in the structure of the human being to feel guilty. It is not your inner saying 'apologize' but your self-love. Your self-love wants to feel good. Of course you may have some regret but only because you have missed a chance to correct something in your life. Let this moment not goes by but feel it deep inside of you, be aware of it so the next time you won't forget. To feel guilty is only a waste of time. When you make excuses, remember - mostly they are a product of your selective feelings. You can't apologize for what you have done yesterday because today you are another person. There is no need to feel guilty about something what has happen years ago: we already have eaten the fruit.

Chapter ten

10.1 What can I do with the cynical people around me?

“There are people around me who are very cynical considering me. I don’t have enough strength to resist their negative powers and I let myself be involved. When this happens I feel angry and I don’t want to project the anger on the cynical persons. Then I feel worse. I feel it beneath my navel. And I feel the anger in my head. I have lost all the strength to talk. My goal is disappearing from my view. I can’t go deeper inside me. This gives me the feeling I’m wasting my time. I can’t be creative anymore. What can I do? The worst thing is: I can’t free myself from the people who are doing this to me. In what way may the Kabbalah be of help so I can follow the goal I have set in my life, despite the cynic people around me who are feeding my anger: how can I free myself of these evil powers? “

Let us first look how these questions are formed. Are these questions from and for people who are working on their inner being for to achieve fulfilment, or is it nagging? And, if these are questions coming from a deep despair, how do we react on such questions?

Yes, it is possible they are connected with the inner work and we can use them for everything. For instance: you have a mortgage and now you say, “I have to pay rent, the bank is very insensitive to me. There is in me no strength to resist the bank. For me they are negative forces. I feel anger and I can’t be creative anymore.” And the bank can be replaced by, your wife, a police officer who gave you a fine.... it is all the same. ‘This is life and this is my experience’.

Constantly the outside world influences us. Of course the questions aren’t wrong but they are all the same. When you are walking in a forest of pines, all the trees are pines. You have to work at yourself, and when you do so, you will experience more and more light and this will encourage you to work harder and more at yourself. This is the work you have to do by yourself and the reward will be gigantic. These questions are only a reflection of an uncorrected position.

Of course it is marvellous when you experience this because now you are aware there is something good opposite the bad. These are two aspects. And many of us do see everything as bad, evil. First you have to change the questions within yourself and then search for the answer in the lessons you are following etc. When someone is behaving himself in a cynical way according you, this only means you have deserved this attitude, it is you who had waked up this cynical feeling. When there is a positive strength within you, you radiate this to others and then no one can touch you. Do you remember the story of Daniel in the lion pothole? He wasn't eaten. Why? There was no resistance, no brutality but affection and love. Then no evil forces can touch you. You don't give others a chance. When you work at yourself, the evil, the bad within you, won't be feed any longer. It is enough to give a tiny bit to the evil but no more.

Do you remember the five questions (the five W's) in every situation? "Everything what is outside of me is only the perfect and unchangeable light, what I feel is mine reaction". And here we see the reaction of being angry. When there is the experience of anger, it makes the strength look evil but it is absolutely different. Your behaviour has influence on the reaction of others. Of course they may not be good, but who says you have to socialize with them? Choose your own environment. Choose another then the one who are cynical. Bur never, and we really mean never flee from the work at your self. It seems as a contradiction: "I feel anger but I don't project it to others". And the answer is: "The projection is on your self". There you have to work and only then you can grow: Be happy! The best thing is, **don't show your feelings to others**. Justify every situation. No situation may involve your attitude, certainly no anger. What do you achieve when "you talk about it", a very popular saying these days. It is only asking for a judgement. And no one may or can't judge others, neither you me judge if someone is cynical or not, because you haven't done all the correction within yourself. This is only the attitude of a child; it is only an escape from the reality. When you act in this way there won't be a growing at all.

You are who you are, and this is valid for everyone. You will never know what the other is thinking. You only see his outer manifestations. And when you experience this as cynical, it only means you are the one who is cynical. You are only projecting on others what is yours. This is the territorial of a psychology game and psychology has nothing to do with the inner work. If you think otherwise you are busy with wishful thinking. You have to work on your inner. What your situation may be, your husband, your neighbour, and the bills you have to pay...everything

outside of you is perfect and belongs to the unchangeable reality. You can compare this when you want to correct a child, only your face is severe but from the inside you feel love. Anger is the outcome of losing something. You are losing your goal. Your goal is the most important remedy.

When I'm still irritated and derived to common things, how can I use the Kabbalah training with success? How works the correction considering every problem?

There is no difference between a mosquito that stings you or a very large problem. As long you feel the difference, you are acting like a child. When you choose the mosquito bite, you don't have the strength to see everything with love: you are still escaping from your problems. As long there is no acceptance with your heart and soul, others will offend you, meaning you aren't really working with your inner. When someone offends you, don't feel offended. Is this very hard for you? You may say: "This is madness and very illogical". But you have to accept this!!! There is no other way. There has to be absolute joy when someone offends you, meaning: you have work to do. And only the work will bring you to wholeness. Always see two sides of the medal and on the same time you are building up the middle line, now you can love everyone without a reward.

It doesn't matter if someone is cynical or not. Don't be dependent. This is only a depending love for the world, for the human being and the animal. 'Love has to come from both sides' is a saying from someone who is an egoistic person, he isn't aware he needs help. In a way you have to learn to be in – extra – and me – divert, but most of all you have to build up the strong connection with your inner.

Chapter eleven

11.1 Let money go and it will come to you

Money is only an object. Money is the manifestation of all the evil in the human being and the product of the uncorrected humanity. It doesn't have any agreement with the inner world and the longing for money is one of the most difficult aspects to correct. Our dwellings, wishes and deeds are food for the evil. It is very important to recognize your thoughts before they have become wishes. Once it had become a wish, the evil sucks on it and the self love becomes the feeding, it does do everything to please herself with unclear things and deeds that aren't prohibit.

And there is another thing you have to be aware of, the evil can cloth himself with the cloth of the good. Now you make concessions and you get the feeling you have overcome something, but then it becomes subtler such as money. What is wrong with money? You can give it to the poor? Money wants to conquer you and makes you to become his slave. If we want to be one with our inner, we have to disconnect ourselves with the subject of money.

To earn money is not wrong, the problem lies in the value to become attach on it, and this will bring you no fulfilment. This is a very serious problem. To give money less priority is the first thing you have to do. For many of us it is easy to do dangerous things for to get money.

Sometimes the earning of money can become more important then life itself. It is the evil within us wanting us to dwell and give attention to the shadows, to the non-existence. Don't be in minor if you lose some money, when you do so, you are living in the past or in the future. I will, I will, I will.... but all of this doesn't happen in the now. When money is your master and saviour, whom do you need then? And this master says: "Money is freedom". But of course we don't have to go the other way, to poverty. Never break the evil because there will be the day you are in need of the evil. No one can come to fulfilment without his own evil.

Around the head of every person is a circle of light, and there has to be permission for the light to enter. Constantly the light is pushing because the light wants to enter you. This is the stimulation of your personal development to bring you to your goal. Give permission to the light for to enter you. This is the work we have to do! When a person dwells he falls down to the unclear wishes and forces. The salvation is in your aura. When someone is for instance addicted at money, he uses his aura for his unclear wishes till the moment nothing has left around his head. It is said: "Evildoers are dead during their life". This means, the aura has gone. Nothing can nurture them. Of course from the outside we can see rich people, but from the inside there is nothing left. You can see them as mummies. Only the material give them the feeling they are alive. When you invest in the material, you will receive the material. But this is not the reason why you have your aura, your true light. When you are dead, your property goes to others and you won't see anything of it. The account of the evildoers consists of their dwellings. Where's true love, there is no money. Connect your money with your wellbeing, meaning, let go of the money and free your heart. Then you will make money.

To be a fool can be very important. What does this mean? How can you come to your wisdom without having being a fool? We learn from the mistakes we had made, richness through poverty. When we dare to make mistakes, you are a human. We only can learn through the opposite within ourselves and in the world, for to come to the understanding and to make it our way. The evil is part of our existence. So, why are we doing nasty things, then feel mercy and at last we choose the good? Isn't the outer reward greater? Remember, when a sinner comes to remorse he is in a place where no saint can come. True remorse receives the highest reward. If you think, I have been for forty years a good person, you will achieve less then he who comes to true remorse. The sinner (he who receives egoistic) breaks everything and he comes to the deepest point within him. And when he can crawl up on his own, his reward will be tremendous and he can achieve the crown of the light.

We have the power to exceed the greatest saint. Carry your sin. Don't be afraid for the wishes; have them as much as possible. Be greedy for the wishes of your friend, and if you have enough strength even the wishes of the enemy, till the moment you can carry all the sins of the world. The more wishes you have within you, the more work you have to do. And the more work you do, the deeper you will come within your inner. And the deeper you can come in contact with

your inner the more light you will receive. There is a law of the Universe: “The light only gives what is necessarily”. If you have small wishes you receive the light according the wish you have and opposite. When you are pleased with yourself because the account is satisfying, you have a wonderful job, a family, a nice house...what do you need more? No one will bother you. You have found your master, for example the master of money. But when you live in the now the evil can't get any grip on you. With affirmations or with thinking positively you are only building 'air castles'. For the time being it may be okay till the moment of the explosion.

11.2 Trust beyond understanding

A good businessman always thinks 'how can I make myself small considering the client'. This can be seen as weakness, as a trick etc. but it is only a variety of the same subject. When there are questions from your earthly understanding, you can go on endless and achieve nothing.

A question has to come from you inner shortness for to understand the control system of the Universe and to justify this system. Say for example: “I don't have the strength to understand yet”. For example you can't understand or accept why an evildoer does do bad things. There is only one solution: go beyond your understanding. Have the confidence that goes beyond your understanding. When there is no justification of your higher according the evildoer, how is it possible to justify the control system? Don't want to understand. When you say 'I forgive', this is only something from your mind (the moral or psychological) only to feel good. It is not of your business. You only bring yourself in trance. But when you trust the control system of the Universe, everything will function in wholeness and will be for the good for every being here on earth. When you can do this, the Kabbalah method will uplift you and gives you everything. Nothing will come to you if there wasn't at first a question, shortness.

War is only a reflection of our inner condition. Don't let yourself be misguided because it is “mine reaction”. All the seemingly misery is mine reaction, is mine problem. Try to see the absolute joy; otherwise there is shortness. As long you can't justify the control system of the Universe, this is your work. Accept. Everything is good and does well. This goes beyond the outer being. Now you understand why you have to go beyond your understanding.

Your intelligence is only a stand in the way when you walk the path of the inner. You can make use of it but for the inner work it is an obstacle. You can have a kick from it, it is satisfying your ego; it is something macho. You have to overcome the wish for being intellectual. You can learn and learn and still have no understanding of the true reality. The intellectual is a fragment of the whole picture; the truth is simple and genius but the intellect covers the truth. When you are tiny but you can go beyond your understanding, you are greater than he who is very intellectual. Even the Kabbalah method is simple to understand if you make yourself receivable.

11.3 Even misery is useful

To commemorate several events is an international event. Within the intellect it is useful for to make connections. Of course we love it. We feel pleasure in it, but still... our intellect, our moral is an invention of the ego. What we do is only for our ego; the ego loves it. "See how good we are". We think it is good but it is only a cover up, it is a selective way of sensitivity. Don't cry when someone has died, stay in the moment, in the now. Suppose it is the last day of your life. Even then you are in need of the strength to go beyond your understanding. Have the confidence that all the evil and misery is constructive. This confidence will flow in the experience and you will 'see'. Your intellect can't walk with your trust. To go beyond the understanding is a matter of more confidence than intellect.

Someone from the west destroys his heart with his brains. And someone from the east destroys his brains with his heart. Both have a shortcoming in the observation of the true reality. The true reality is only to be experienced when the heart and the intellect are coming together, to shalom – peace. So, neither the intellect nor the feeling may overrule. The pain we feel is the missing dimension. But to fill the lacking in a mechanical way isn't a solution. Both have to be built up in harmony within you.

Every thought that isn't in agreement with the laws of the Universe is a dwelling. If a person has some ideas and they don't have roots in the laws of the Universe, they will be embedded into the body, growing with hands and feet. They will become powers embedded within the person and they will take away his creativity. Why? After the embedding of the ideas within the head, they can't exist separately; they need a body for to give it a statue. The ideas have to be embedded.

Delusions only have embedding when you give attention to them. An unclear force gives the embedding to the delusions and these suck from your energy. Don't give them an embedding; if you do so, these embedded ideas are the problems, because they will start an independent life. They are the cause of several structural misleading in every situation and in every decision one takes.

11.4 Rules for asking questions at yourself as well at others

There is a principle: before you ask a question at yourself or at others, there has to be an inner attitude of unconditional justifying considering the control system of the Universe. You have to have a desire. And your orientations have to go beyond the reason, meaning your confidence has to be far more than your intellect. Your question may not come from your intellect or from the need of the material. Don't let your question be an intellectual one, to know for the knowing, but the question has to bring you closer to your goal. The questions you have will bring you closer in agreement with the laws of the Universe.

Nevertheless it has to be a question familiar for others. They should have an idea with the subject. The questions you are asking here in the course have to be in agreement with the subject of the training and not otherwise. And these questions have to come from an absolute love. It has to be an uplifting and in no way to humiliate others or whatsoever.

Overcome the habit to ask questions only for showing others how intellect or good you are. Or may be because you only want some attention, or other unclear intentions. And the worst of them are the questions with sceptic. May be it is better to be silence and to concentrate your self in listening. Consider, what is more wise, to be in silence or to open your mouth? There is a saying of a wise man: "All the days of my life I was under the greatest wise men and the best thing to do was to be in silence". Only when you are 100% certain, you feel it from deep within and the question is in agreement with the advice given to you, you may ask a question. Your Kabbalah teacher will not give a simple answer with yes or no. He will give an answer for you to orientate. His answer must bring you in confusion; the effort has to be done by you and the solution lies within.

Every person has to find the answers on his own questions; the teacher only gives a direction, the confirmation has to come from your own roots. Never take the opinion of your teacher for granted. There has to be a phase of digestion within the structure of your unique personal being.

Chapter twelve

12.1 To see a person from his inner inspiration and goal

Characteristics of a human being:

- A human being has a package of egoism that he has to transform into the good
- A human being is someone who can receive the light
- A human being can feel a lack
 - A human being can be satisfied, not just as an animal after feeding, but also when he is lacking physical things, food, drinks etc.
- A human being notice there is a shortcoming in his inner development, because he sees the perfect light opposite him.
- A human being strives for the good in himself and in his surrounding.
- A human being cares about others. And this is very special.

A very special mark of a human being is: to feel the pain of another person stronger and heavier than his own pain. When the pain is more than your own pain, we see the beginning of a human being. This isn't something given to us by nature, we have to develop and practice this special feeling. Only the light is good. What we have doesn't near the light, light is the quality of absolute unselfishness, and we are lacking this quality. A very important step for to experience this is to feel the pain of others and project them within you. This is a great secret. When you feel only your own pain, you are within you're ego, within your own prison. You have to be receptive otherwise you can't feel the pain of others, and we have to be receptive for the light also.

With this you are building up a great special organ of awareness. It is easier to endure the pain that is coming from others; through this it is possible for you to increase your inner volume. And the next step will be that you are capable to feel the pain and shortcoming from whole the world. It is a huge increasing of your need; in this you receive the perfect wholeness, the perfect remedy.

12.2 A short story about a vagrant and an addict

Once upon a day I was walking with my wife on the streets of Amsterdam. About twenty meters before me I saw a homeless person, bundled in a blanket, coming into my direction. He smelled awfully, it is to say; I am very sensitive for odours. It is my outer being. I wanted to go to the other side of the bridge. But then I thought: “When I do so I will offend this person”. Then I got the feeling of pain and I said to myself:” No, I can’t do that”. I thought about several reasons why he couldn’t be living a normal life, because in the Netherlands there is a very good social system. And when I took over his pain something wonderful happened; the awful odour wasn’t any longer annoying for me. To feel his pain, was that enough? Shouldn’t we have the need for to give him something physical?

On another day when it was raining I saw a begging addict against the wall of a house. She asked for money. We had in our bag a banana and I gave her the banana. But she threw away the banana back to me. I saw she had rather money so she could buy some drugs. But for this longing I don’t have any feeling. I could feel her pain, but to free her from her pain I had to give something different. Of course you have to give, but not in a way the other can make abuse of it. It is very important not to make the control system of the Universe corrupt.

12.3 What is happening when you take over someone’s pain?

This is a very important thing. It has to be done with the right intention and the right strength. It is only possible to take over the pain from another when you are very receptive. Something wonderful is happening when you do so. In a way the one who has pain makes the light feels sad. We are made in His image. He wants us to develop. When a person takes over the pain from another person, the pain will be brought on high. The one who’s taken over the pain has a certain reservoir of wishes and the pain is being brought in there, he has become a pleader to the Higher for the other person. Although I feel the pain I don’t ask for solution for the pain that is mine. It is the desire wherein lies as well the pain from the other person as well the pain that is mine. I am asking for the other person. But the cry comes from me, from deep inside of me.

There is a law: “When you ask for another person, it is you who receive first”. In a way I stir up in the Higher spheres an effective resonance. There is only one single connection between the human beings and the strength of the Universe, regardless if we see this or not. But it was me who stirred up this strength so I’m the one who receive, and this is not the only thing, I receive double; double health, double blessing. I’m the first one who is receiving relief of the pain, just in the measure I’m in need of, and the amount from the other person goes to the other person. We can’t see or feel this secret, but you have to know: “Nothing disappears from the inner of the Universe”. All strengths are for them who wake up the good.

Does the vagrant receive while he has done nothing? He receives because I made the effort to be receivable for him. He didn’t do anything. And this is possible because we are all connected by way of our roots with each other. A mother does not only give her child because it had done something good. Even a naughty child receives from her. It is the same with us.

You could be receptive for the pain of others but **never** penetrate his field. Don’t interfere. This is also a law of the Universe. If you do so you will damage yourself **and** the other. Why? Because we aren’t corrected, therefore we have to be very careful in showing our mercy to others from the outside. If you do so, he may feel less and ashamed, although he doesn’t show this to you from the outside.

12.4 Your own territory, two by two

Adam was the first man who became consciousness of the laws of the Universe. When we read or hear: “Adam was created”, this is what has been meant. It is said: “He could see from one point from the world to the other point”. Meaning, he had no boundaries. He was whole and he had an absolute connection with the laws of the light. But, when he started to receive for himself, in an egoistic way, his comprehension lessened dramatically, even the reach of his work area wherein he had to work was decreased. Then, he and his offspring, continues with the egoistic receiving in all kind of way. Through this the area around a human being decreased enormously, and in this area we could receive the shining of the light in a direct way. Now we have to make corrections for to bring ourselves in agreement with the laws of the Universe.

Every living being is under protection and the government of his own high root and through this he can grow. In some culture this is named the aura. But we don't speak about sensual, magnetic fields of strengths, because they are material, although very sensitive. The root of a person is much higher. It is a defined area, or canal consisting of two by two meters around a person and it reach out from him to his root into the higher spheres. This root is his guardian angle. And his guardian angle gives responsibility to the high light and even further, at the infinity.

Within these two by two meters a person can do his corrections. In a way it is a column of circa two by two meters around a person. This is the limit mankind had to deal with as a result of his egoistic receiving and it will last till the eventually ultimate correction of the whole mankind. Be aware of your area: it is two by two meters. Beneath a person we see the area of his observation within this world. From the left and the right side he receives the radiation or jamming that enters his area through small ‘windows’ within these two by two meters. There are two forces: willingness and severity. From the left we see the jamming of the intellectual and from the right the jamming of the heart. When there is an over sensitivity, excessively attention for the heart he will lose his intellectual insights. It is not the intention to make shutters within you.

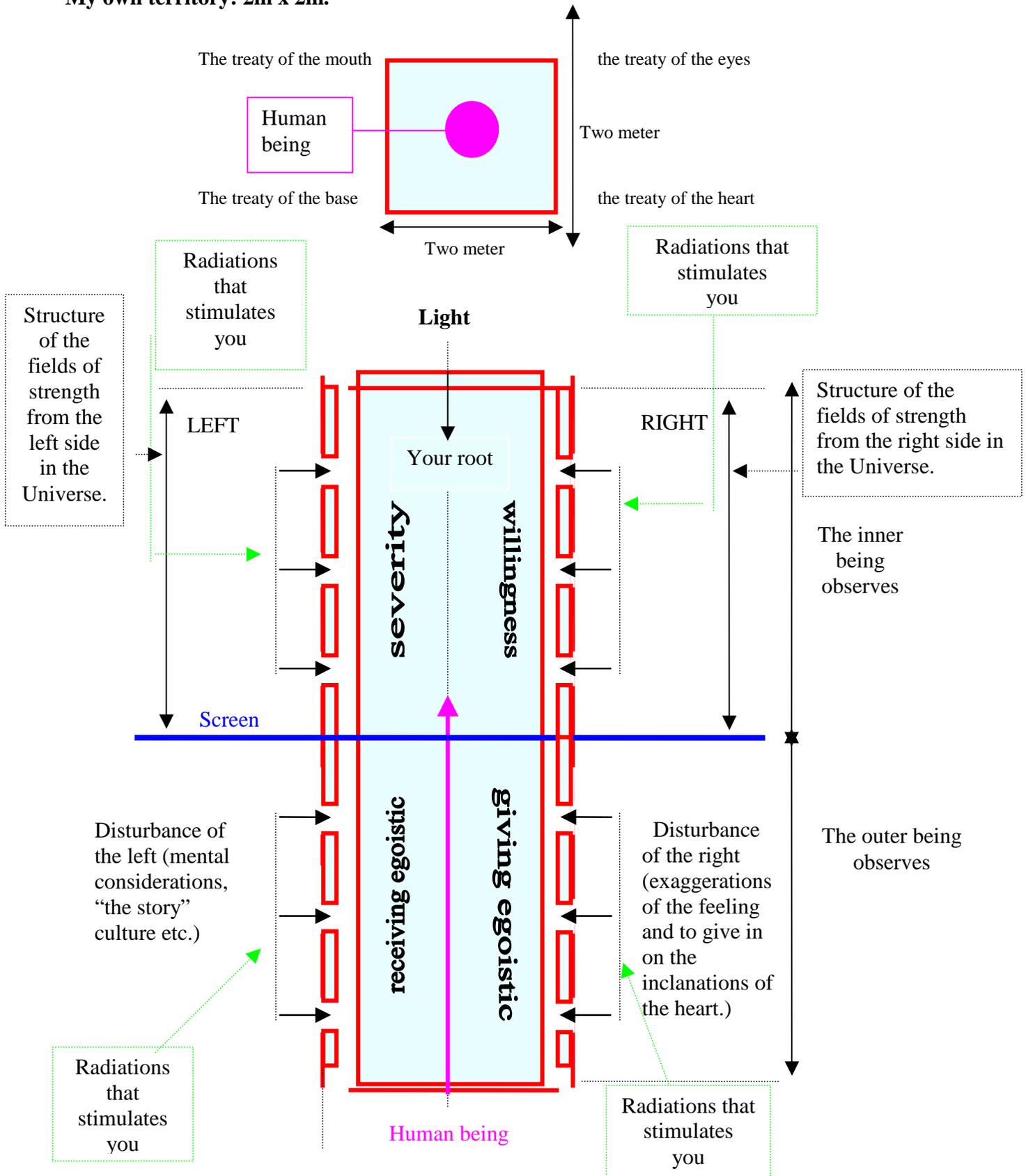
Don't escape to a monastery or to a desert because you only run away of your own corrections. These jamming are there because within the area of two by two meters you aren't strong enough. Let the radiation enters inch by inch. It may not hinder your inner work. The meaning is to let in

a small portion within your area and not otherwise so it can pull you out of your area. If you feel it is outside your two by two meters don't let yourself be attached. It will give you the feeling if you have been left alone by the light and there isn't protection any longer. Your guardian angle is above your two by two meters, and nowhere else. It is this light surrounding you, wanting to enter you, shine on you, wants to give you all the blessings, your life, your health.

In everything we see the special and the common. The special always is within the individual, within your territory of two by two meters. And within this field you can do your corrections. In this field you feel your expectations. And at the same time there is the common, what you experience in a certain surrounding. Here, in this surrounding you give up your territory for the common good. Of course, your special territory exists always, but only in this particular environment you will uplift yourself with your feeling and become part of the common. While at the same time you feel within your field the jamming of the left and the right, till the moment you have enough strength to enter your inner and to build it up. For example, noise what is irritating you are a reaction of the outer being. We don't have to stay in our world forever. Start to grow from the inside so the noise what is entering you by way of the windows, won't make you angry any longer. In this way you can uplift yourself within your own territory of two by two meters. And within this area you receive help and the shining of your own root and from the light.

Our world is broken. All our inner wires of connections are broken. It is possible to show your feeling to another person, but we are separated from each other, just as we are separated from the strength of the Universe. This is the reason why we think we have freedom. We don't experience the connection with the higher strength. When we have reached our inner being, it seems we are loosing our free will because now we feel the connection with the light. What was broken here below will be restored from above. In our world slowly the wires are restoring although in a very thin way. It can only grow when we correct ourselves. Left is the system of the impure forces. This word 'impure' gives us a special feeling but we have to overcome these associations. In the right we have the system of the pure strength. And we are between these two strengths. The higher you rise within your inner, the more you feel oneness between these two strengths. We have to integrate these two and it has to become the middle line, but they will exist.

Draw. 13
My own territory: 2m x 2m.

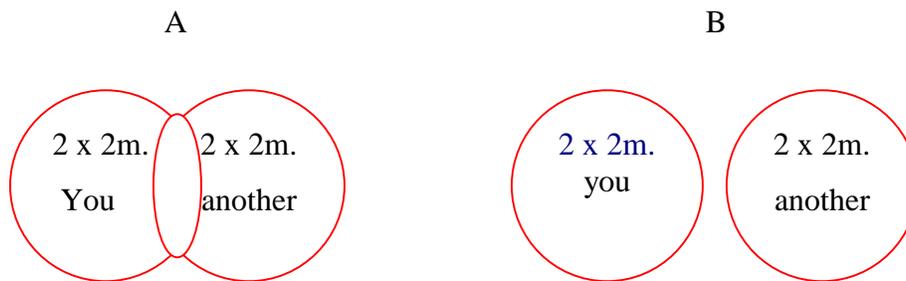


Is there a way to stay within my area of two by two meters and look 'out of the windows' and at the same time to withdraw myself?

Wherever you go, your area goes with you. When you penetrate the area of another person's two by two meters, in a way you violate with your interference the inner privacy of the other. Never listen to the inner experiences of the other. This seems for us a contradiction, but the person who is talking damages his self and you are damage your self by listening to him. And never want to come to a salutation! When you go to a home for elderly you hear them only talking about the war. Never lease your heart, always stay independent, only then you can take the pain away from another. For a man it is forbidden to come within the radiation of the two by two meters of a strange woman. He of course may enter the area of his own wife because they are united with each other. Both partners have and keep their own area and their own canal linked to their roots. But in a way we are, from above, all connected with each other, according the same principal: the special and the common.

Draw. 14

Don't interfere within the area of another person



- A. In this situation you penetrate within the area of the other person and now, not only you restrain yourself but also the other person.
- B. In this situation you don't penetrate within the field of 2 x 2 m. of the other person. In a way you have no business within the own area of the other person.

Try to feel from your own root the pain of someone else. Collect the pain of the other person within your two by two meters. Together with your own wish take them both up high to your root, and from your root all the good comes down. Now you don't bring your pain, shortness or lack up high, but it is for the other person. When you do this in an upright manner the solution and blessing you had aroused, will come from above down to you first. But your intention is not for yourself. Never do this for your own good. The work is to bring it within your field but the intention may not be for yourself. What is happening with the pain of the other person you have experienced and taken away? Don't care about it. The only care was to bring it up high within your territory of your two by two meters.

You can find these two by two meters everywhere in the Universe. These are the four corners and they are in agreement with the four places of the four commandments within the person. If you work within your own field, the light shines upon you. And what was, is and will happen is not your care. The only thing you had to do was to plead for the other. And above there is a tremendous greater reach than your two by two meters. From above we are connected with each other.

The blessing comes from above through the canal; it comes from the root of the vagrant down to him. Sometimes we don't understand why we receive something while we didn't have a feeling for it or didn't expect to receive something. We weren't consciousness but another person was, he had felt your pain. While you were yawning the other opened his awareness for you and the light and the blessing came back to you.

Be greedy for the learning, it will go faster and faster and without any trouble it will enter you. The inner doesn't need the mass information. The rough information is there only for to carve little trails within your inner being, within your organs of awareness. In a way every being has to work within his own area of two by two meters and on the other hand he has to occupy himself with others. In the Kabbalah we are speaking over one person, one human being, because within a person there is everything, and while we are taking in the wishes of the other, we are increasing our canals of receiving. Don't take only pain and negative things, please take over his success also.

Isn't it better to give the vagrant some money instead of taking over his pain? How does this work? Am I only working for myself or do I indeed helping him?

From above I have my root, the strength lying in mine root. And further there is the endless light and from there it comes down in endless varieties. Every person has his own root, even the person from who I have taken the pain. You already know there are the special and the common, in the special I have my personal root and through this root I'm connected. In the common there are roots working with each other. The vagrant has his own root. It was me who had done an inner effort for to take over the pain from the vagrant and to bring it within my field.

As we have told above we have windows, and by way of these windows a person take on all kind of shining, as well the high shining as the low shining. The opening to the outside within a person is named field of awareness. There are people who only see misery: always nagging, they only feel good when they can nag. Know who you are; in what way are you manifesting your self? Is everything good in your opinion? Or are you the one who sees it different. It is you who is the reason for the nagging.

I receive by way of the windows the radiation, and through these windows I can feel the pain of the other. Pain is also an aspect of the light, so is pleasure. It is strength. Pain is the opposite of pleasure but the source is the same. When you admit you have shortness, you are already in a very high level. When this is an acceptance within yourself you can work on yourself. Without pain there is no development. Pain is a direction of something. When you notice it will benefit you, choose for it. A child wants immediately pleasure. Some adults are like children. When the pain leads you to a higher awareness, brings you closer to your goal, accept the pain, but never search for the pain.

I am the active, doing part when I take over the pain. Of course I have my own package of shortness and with this package I plead by way of my inner being to the light. And now I add the pain from the other person, just as a wagon is connected at a locomotive. Through the power of my will I pull it to above because it is me who wants to be in agreement with my root. And in my root there is no shortness considering the pain. And when I do so, the shortness I have will be uplifted too. And by way of the higher canals of my root it will go to the endless light. And from the endless light comes a reaction, a remedy, in the measure of my willpower and intention. And

it is my root that receives the greatest part from the high light. And after a while it is me who receive also a portion.

The secret is this; I pull up high for the other person, but there is a law: my petition will be answered first because it was me who did the pleading; it was me who pulled the wagon. And through this my package of 'receiving organs' will become larger. The greater the shortness, and of course I have to build up within the inner the strength to pull up – the greater the answer will be, the remedy. Through the pain of another person I'm making my shortness larger and it is me who receive the most when I do this with great intention and with great sincerity.

What is happening with the other person? It was my request that goes to my root and much further. Above my root the area is much larger than the two by two meters. You can compare this with a distribution system of powers. There they can see all the connection as well the common as the special between people. Their appreciation is tremendous when they see a person taking over the pain from another and when people are looking for agreement with each other. In the higher spheres everything is one, whole, united. The higher you come, the more oneness, it is like a pyramid.

It was after the dwelling of Adam that there became more and more differences. In a way people were disconnected from each other. Through the work I do here below, for example I take over the pain from someone else, I connect myself with other persons. And from above they give me an enormous strength. And it is me who receive first because I had done the work. Nothing disappears in the inner world. The laws of the Universe are absolutely righteous. But the pain wasn't mine; therefore a part of this pain will be distributed above my root. For a part it goes to the root of the vagrant. And he receives a part of the medicine from above, although he hadn't any part in it and although he doesn't know me.

My inner being is connected with all inner beings. It is the outer being that is disconnected. There has to be oneness once again. When I close myself for the pain from the other, I can't receive nor experience anything. In a way one is too much absorbed in one's own pain. If you don't like the smell of another person, don't think they will give you from above a nicer smell. The control system is for people who are growing up. From above everything is connected, is

whole, one. The more you come down, the more separating. But when we bring our qualities in agreement with our higher roots, the result will be seen here on earth. With your inner part you can look below. And you will bring all the perfect laws to below and lift the world up.

The endless light had said to Abraham, who lived according the four commandments: “He who blesses you I will bless too, and he who curses you I will curse too.”

12.5 He who goes with the flow

You need a lot of strength for not being jealous when a person has everything and to feel gratitude for his happiness. It is easier to take over the pain from another person then to accept his happiness. If one has misfortune my pain will be less. But his happiness isn't mine, just as his pain isn't mine. How can we be happy through his happiness? It would be marvellous to have the strength to share their happiness. You will go forward very fast because we are connected with each other, although we don't feel this with our outer being.

So what is gratitude? It is the same as with pain. Let His happiness passes your windows just as you did with the pain of another person, if you can't do this you will close the door for this part of the light. When you can be grateful, you receive also a part of His happiness. When not, you close your field of two by two meters. And then miseries will be your part. When you complain, and it doesn't matter when you are right or not, you close your field of two by two meters. You have only to deal with your root, not the root of another. Everyone has his own root. The root of a tree doesn't feed the root of another tree. Each tree has branches of its own.

I'm satisfied and grateful for the person who has much happiness and I bring up his happiness, how, by way of gratitude, mercy and by praise. Feel satisfaction and be happy for him for everything the light is giving to him, know the light is good. Evildoers are dead while they are living although they are living here on earth. They need a lot of effort. It would be logical if the control system would reward them. When I want the inner I'm prepared not to be rich or to feel satisfied even with a little, because I want to come in agreement with the light. He who has happiness works very hard in this material world. A director creates work places etc. they receive according their investment: try to justify this too.

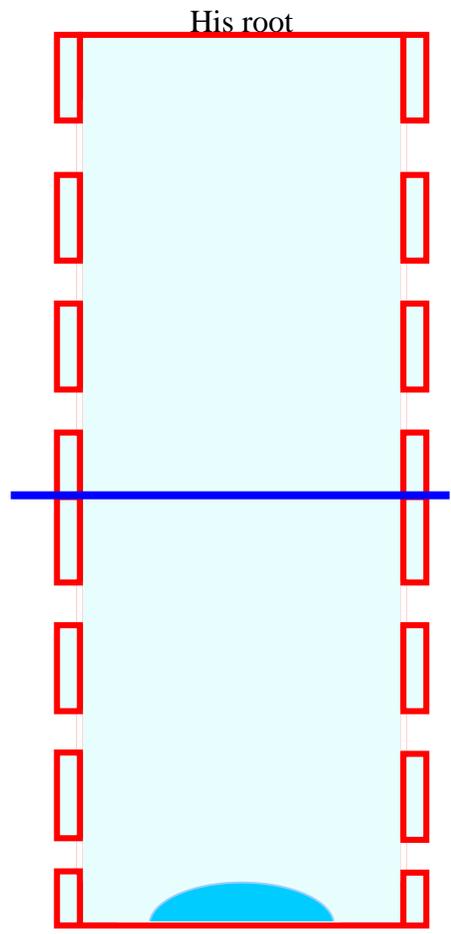
Think about a politician, all the sorrow he has, the sleepless nights, all the endless meetings, missing their family, shake hands, have criticism etc. feel gratitude for their earthly reward, but also be grateful for your enemy. How? It is the same as with the pain, make a package of their happiness and pull it up with your request, or by praising, prays the high strength and you will broaden your receptive organs. And my prayers will cause a glorifying reaction from above.

Every good petition is build according the laws of the Universe. And these petitions always begin with praise and then make your request. Suppose you are going to the queen, first you have to bow and praise the queen. Then you may become nearer and if so, with a deep gratitude you will look up to her face so she can see how you are appreciating her. She feels you love her. It is the same with the inner, and your lower being will not annoy you. All strengths will go up. My praise will go to my root, then to the servant and eventually arrive at the Ejnsof. My praise is not for what He gives me, but for what He gives to the other person, even when it is my enemy. Especially the last is the most profit. Learn to give to others. The praising of the light for another person restores your inner oneness and of others. “Nothing comes from above when it hasn’t been waken up beforehand here below”. In this you do, here below, the work of the higher strength.

Draw. 15

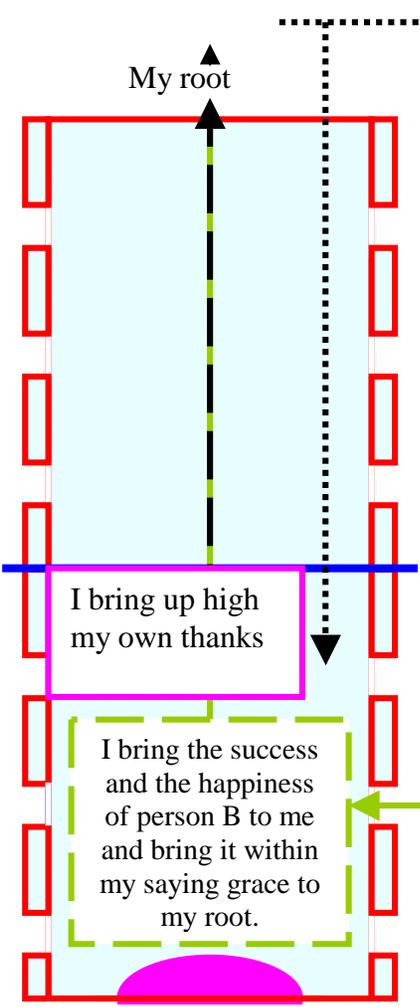
Me & the lucky devil at the right

severity

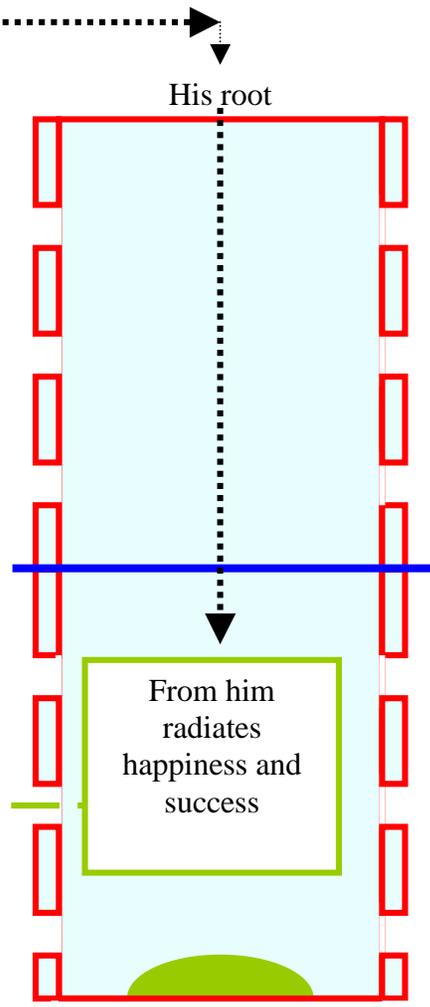


Person A
(Left)

LIGHT



Me
By making myself receivable for the radiation of another person I receive peace



Person B
Lucky devil
(Have everything for going one)
(Right)

willingness

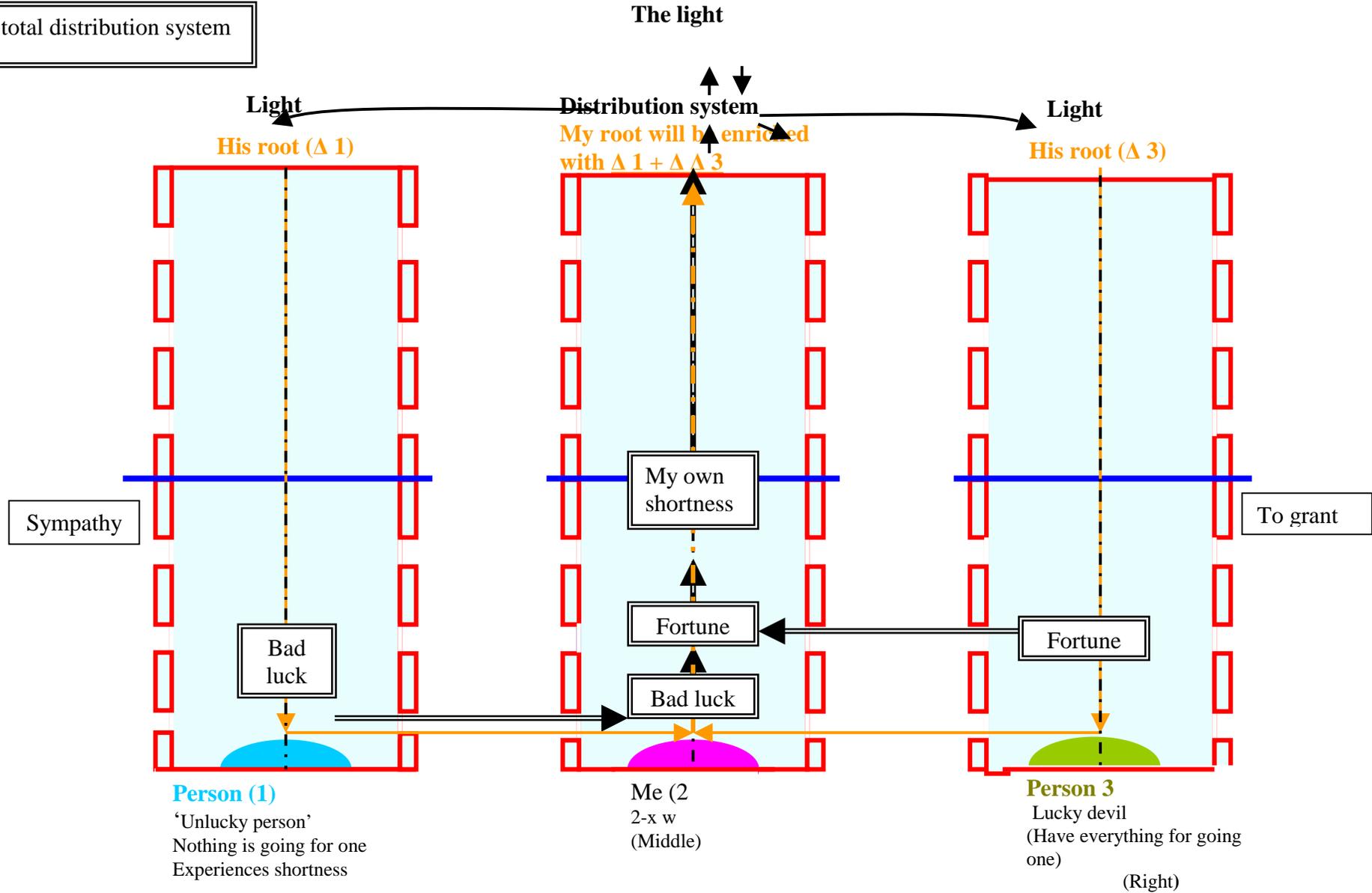
An enormous radiation is the outcome of the oneness we have realised. It is me who receive first because I stirred it up for the other. It was me who wake up. It goes beyond my root up to the distribution system of the Universe because this is a very justifying system. All roots of all the beings are connected in an organic way. The root of the vagrant, my root and the root for he who is always lucky, from above we are all connected with each other. Above is harmony and here below we lack the harmony between the roots. And by way of this system he who is always lucky, receives even more. And he is receiving so much; he comes to the feeling he wants to be generous although he doesn't understand this feeling. It is the quality of the light what is feeding him with the feeling for to give. Here below we are coming more and more in oneness. The person who has always luck and doesn't work on himself is as a child.

It doesn't matter; you can take them on, the vagrant or the lucky one. What you do is making tracks of good actions. One good action wakes up another good action. Every good action is the bottom for the next good actions. This gives you strength for to do more and more good actions. You have never too much strength. Through this you build up strength and slowly you are pleading for your friend, neighbour, your street, your environment, the city, your country...and the whole humanity. There is no place for enmity. Take everything within your two by two meters, the worries and happiness of all the people; with this you justify the control system of the whole world. The angel of death will even love you, meaning your own evil will be surprised of all your acts of giving.

And through this the wish to receive for your self will die, will stop to exist. There are the positive strength and the accuser. And the accuser will point right away when you do something wrong, in strength. You can't bribe this accuser. He searches for the hidden death. He can't find anything wrong when we are doing our good deeds, even when we suffer pain in doing so. When you only think about your self, there will never be an ending. The intention is, we have to come to liberation and you can do this by lifting up your field of two by two meters and after the corrections return to your own place.

During the training I put participants in a wagon and pull them up, in an inner way. I pull them up and it comes back by way of your root, as is explained above. Even if you don't understand, accept!

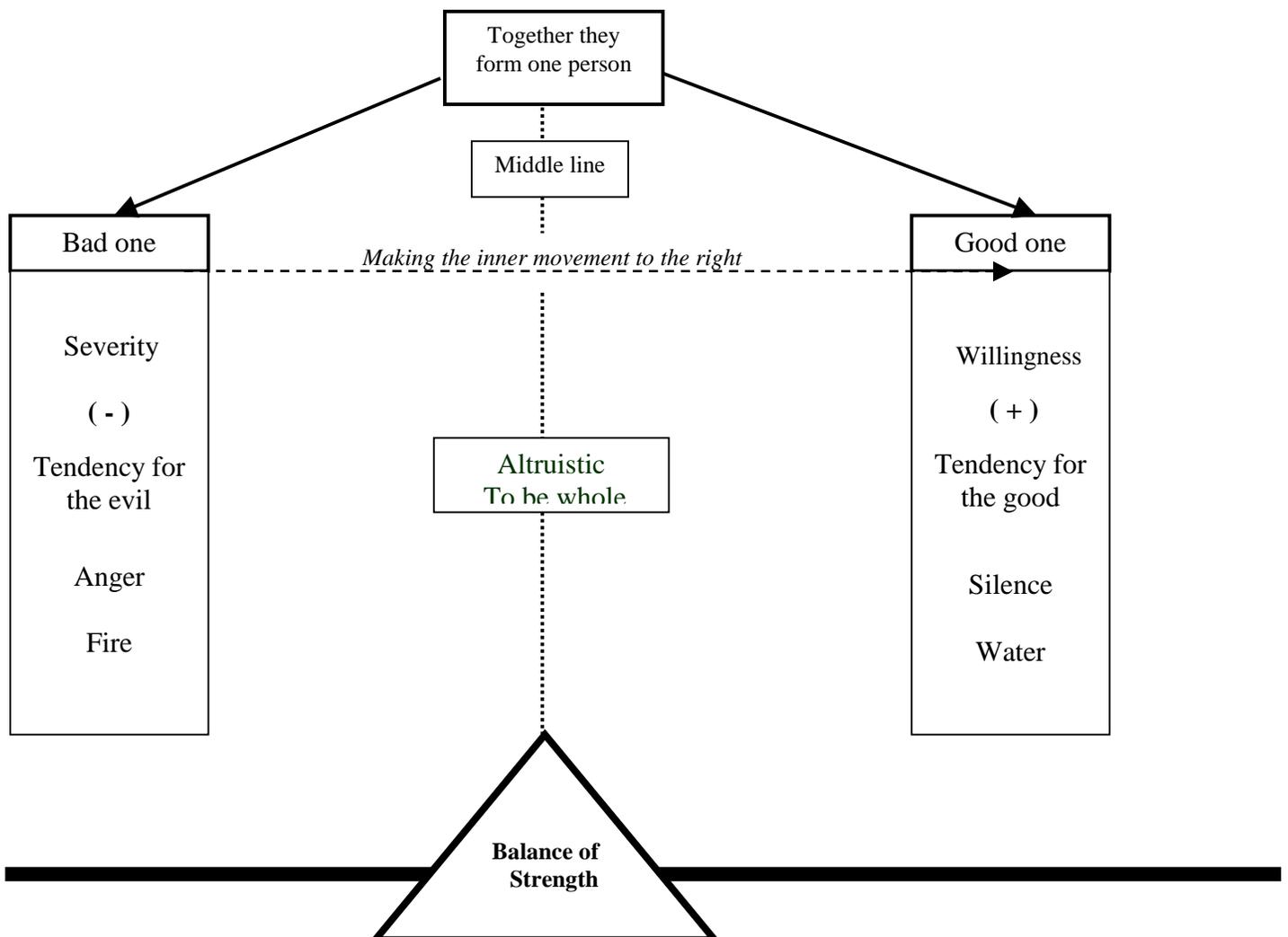
The total distribution system



12.6 We are always speaking over one being in the Kabbalah

We have talked about the vagrant and he who always have a piece of luck and about myself, but in truth we are only talking about one person. I have these two by two meters and within this I have two strengths, the left and the right, willingness and severity. All these are experiences of the inner world and these are the steps for the fields of strengths for to comprehend the laws of the Universe. Communication in this is only possible when we are on the same level. Of course there are more levels but we haven't the comprehension for these levels and we lack the words to explain. I will in every participant start an inner process of the true self-knowledge. And what you have to do is to be receivable. In our world we can't experience these inner steps from the fields of strengths because there are no screens or inner fields tangible. All inner connections are broken.

Draw. 17
Everything is within one



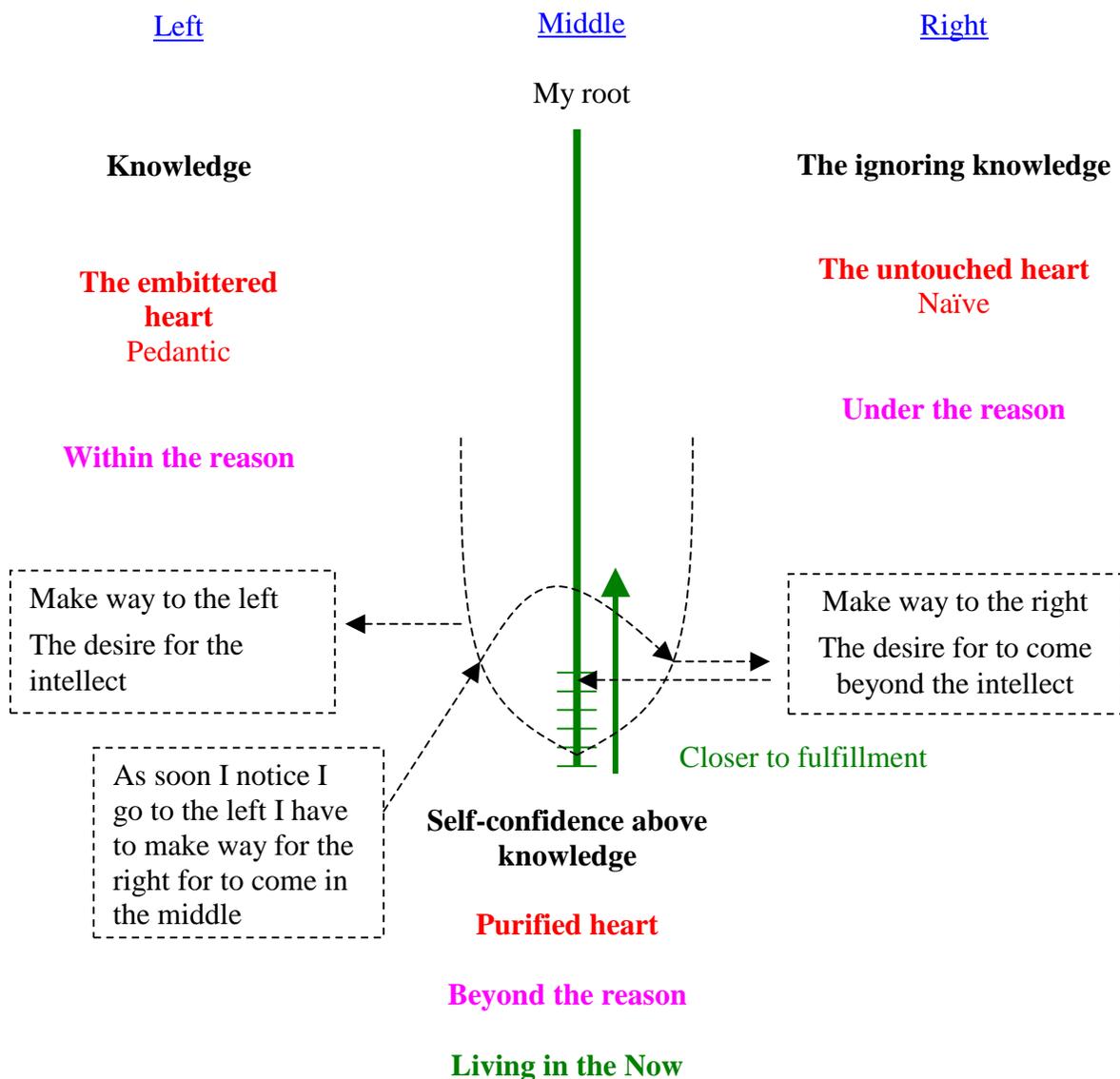
The vagrant, he who has luck...we have to take in these opposites in our self. We can have a feeling of fullness and later we can feel lonely and poor. Both strengths are within us. We have to live with them, learn this. First there is the awareness they are outside of me. And slowly I bring them inside, deeper within me. Through the left side I make contact with the vagrant. Everything in the world is built according the system of agreement in quality. We have to do the same. It isn't possible to come within the canals of the vagrant. It isn't given to us to look in another field of awareness. The only thing I can do is to make contact with the vagrant by way of my left uncorrected side. Bring in memory the five questions and five answers as you have learned. Do you still remember them? It is always your reaction; don't react outside your two by two meters, when you do so you are doing adultery. In our left we feel shortness. This is the side were we feel heavy, the severity. What you have to do is to build up the strength for to go to the other side, the side of willingness. The light himself brings us to the middle line. I know it is hard to understand; it all goes far beyond the reason of a human being.

As long a person only longs for willingness he is as a child till the moment has come he feels he is growing from the inside. It is hard work, we have to do this inch by inch and in every step we have to mix severity and willingness. The true reality is the middle line. Both strengths have to be within you in the right measure for to have a perfect burning response. It is as fire versus water, the one gives flavour to the other and opposite. Every day we have to work on the integration of these both powers. For instance: your computer has broken, the first reaction is from your outer, the one that is in need, but your reaction pulls you away of your own field of two by two meters. The task you have to do is to go from the left side to the right side. And through this the true reality will be the result. The light of solution will only come if you have done the work in the left side **as well** in the right side, the result of this will be the middle line.

Don't think we can do good deeds. If we have only the right side without the left side it is as a belief without knowledge. The left line is the side of our need and it is as a belief within knowledge. The line in the middle is the line of belief above knowledge or we say about this line, to go beyond the reason. And this light is the light of instruction – from the laws of the Universe. When we are working on our self, we will come to the experience of these both lines, the outcome is the feeling of 'coming above waters'. When you are in the water and you rise up, first your skull will rise above the water, then your eyes, your nose etc. it is the same with all the ten

fields of strengths within the inner being. If you are under water you only feel severity. And your ego is connected with the severity. When you can only nagging you experience only severity. But when you are on the other side, the feeling of only good, you don't see the severity, and this isn't good either. When you see only willingness you are under water too. Willingness without severity is as the belief under reason. Everything is in one being. Through your own strengths you are learning the whole Universe.

Draw. 18
The path to my root



Whatever you do, do it with sincerity. What you do, do it with all the strength you have in you, otherwise don't do it. There has to be awareness for 100%. Only then you can work with your receptive canals completely. When you are hungry, eat, not because it is 12 o'clock but because you are hungry. When you eat at 12 o'clock it has to do with the culture of your country. When 12 o'clock is in your country lunch time, be hungry at 12 o'clock. Only then you can give the strength, have the pleasure for the food. See in everything your field of two by two meters. Every nation has his two by two meters. Every nation has a root of its own, in quality, and protects a country. You can compare this with your hand: the fingers of your hand are connected with each other. Each finger has a protecting root and the whole hand has a protection too. The higher, the more common the protection becomes. The higher you come, the closer you near the endless light, the inner root, the more widely, further the strength will be spread in the Universe. In your inner you can see the entire nation because everything is in one being.

Chapter thirteen

13.1 Always keep in mind your goal

Suppose you see a ruin in the middle of your town and you dislike the place, as soon you know there will arise a new building the dislike will be gone. It is the same with the understanding from the structure of the Universe, the more you understand the faster you go forward. First we are focussed on the common principles. We are working with them while we are working on our selves. There are two intrinsic strengths in the world: willingness and severity. But from above they aren't visible. See the comparison with a seed. When a baby is born, within the seed everything is there, will he be rich or poor, intelligent or stupid etc. but there is an exception, it is not inherent in us to be a crook or a saint.

Within the program there is a missing link, will he bring himself in agreement with the laws of the Universe or not. Don't think he who is more intelligent goes faster; intelligence has nothing to do with working on your self. Every person can change himself and come to his finish. Try to read, not only the things necessarily for the study, also what gives you life. The intention is to come directly in contact with above, with as less distortions. The true reality is the middle line, the true way, to live in the now, to go from your intellect to your feeling, and otherwise. In a way your personal way seems to be specific and disconnect from others and though everything goes in one direction: the fulfilment of whole mankind. When you come to the training, leave your earthly worries behind. It isn't easy because we do things automatically; we are slaves from the outer. But remember, it is you who can make the choice.

13.2 Interaction between the inner and the outer

What we see as the inner is everything what is higher with respect to the lower, and what is lower is the outer. The higher step lets down his lower outer part. While the lower step wants to be in agreement with the higher, it works with his inner part. It is the outer part of the higher what comes in the inner of a lower step.

There is a principle: if you want to achieve the good, you want life, always go within yourself to the lower parts of you're higher and become aware of this within yourself. Feeling and intellect have to be as one: not only in the thinking or in the feeling, but there has to be the experience both are integrated within you. When there is only the understanding your intellect is not complete. Each step has the obligation to help the lower and to give at the lower, and the higher step enjoys this. So each lower has the obligation to become one with the outer of the higher. For instance: when you are near the king and you beg for willingness, you bow your knees; your face is at his feet.

It is the same with your inner in respect to your higher step of your inner being. There is no shame because everything is happening between your own channels. The higher is the lower part of the next step in your inner being. There are layers within you, you have never experienced them but everything is within you. But when you are focussed in being buried alive and try to survive, you only become one with nature which is lifeless. Everything is within us, the plants, animals, lifeless and the human being. The meaning is to become one with the human aspect. When you comprehend something, the light is shining. This means you have now become in contact with your inner part. Stay in contact with your personal awareness. Inch by inch, through this awareness you will come in agreement with the qualities of the strength of your root. You only feel discomfort when you aren't in agreement with the laws of the Universe, meaning receiving in a selfish way. When you feel depressed, don't take alcohol or drugs but work on your self. When you neglect this you will only stay a piece of nature.

It is possible to make from the biggest outlaw a beautiful being. Only the outside has been damaged. In the inner there is no handicap. No inner can be damaged. The shortness we feel is there for the correction. In the eyes of the endless light even a disabled person is absolutely perfect. One is born with a handicap for to do certain corrections, invisible for others. Don't feel pity for he who is handicapped, conscious or unconscious he works on his correction for to come at wholeness.

Chapter fourteen

14.1 Language and the meaning of words

From the first start the human being always has felt the connection with the inner, between the inner root and the material thing. All animals were brought to Adam. He had to give them a name, and he has given all the creatures a name, so they would be named. He had seen the connection between the inner laws and the reality. Before there was the Babel-like-confusion, there was only one language. This language was the inner connection between the strength of the root and his earthly manifestation. After a while he got further away of the laws of the Universe. More and more layers were there. Each development meant a new layer around the essential, the inner. On the one hand we name this progress: humanity realises new dimensions and feel them. But on the other hand it was an alienation of the light and we became less in agreement with the laws of the Universe: we were uprooted; there was a lack for the source of life.

Then came the period of the flood. Only Noah and his sons survived. From this generation came another generation till the time of the Babel-like-confusion. On the one hand the Babel-like-confusion is the cause of the dwelling to receive in an egoistic manner. Humanity wanted to build a tower, as high as the sky for to be independent from the endless light. They said what all generation say: “Let us make use of our brains and what we can’t understand doesn’t exist. We don’t want to see the laws of the Universe”. What we did was creating a new building in where we didn’t need the laws of the Universe. It is an allegoric story but everything is meant in strength.

It wasn’t in His thought to have one language. The intention was to be one with our inner, to be what we are from the inside and to develop new forces, to come to new layers. Therefore we see so many nations, different facets for to come to the understanding of the Universe. Each nation has his special forces and together we have it all.

Each language is in agreement with the root of their nation. All nations were spread around the earth. But they lost their unique connection between their language and the inner roots. Nowadays we can't see the strength hidden in the word. For example the word dog, or *hunt* or *hond*, or *sabakka*, there is absolutely no agreement within these words. The origin of the language in which we could see the agreement is lost. The origin of language is the language wherein we can see the everlasting connection considering the humanity. The origin language is the language wherein we can see the laws of the Universe. There is only one language left, the language wherein the Torah is written, here we see the agreement between the inner root and the earthly manifestation. Reading these words is enough; you don't have to go outside and to look at the stars or to an animal for to see its development. Everything is to find back in the word. In a word, in a name you can see the development of the being. Whether he should make the development is up to him. Only one language is enough for this connection. It is just as with Microsoft. They are taking care for the language of the computer while you are working on your computer. We buy new computer games and other programmes without worrying about the control system, which is hidden for us.

14.2 Your first name

There is still one connection between the root and his manifestation her on earth during the everlasting process of roughening: your first name. This bound exists in every language. In every language we see the need of the nation. There are languages with only the numbers: one-two-three and 'more', because they don't need more, but in their first name is hidden their root. In the first name we see the destination, the guidance and the protection, no matter the language. The name given by your parents has been whispered in their ears from above.

Through the combination of the letters you can see the choices hidden in your name, in the name we see the destination and the fulfilment of the person, also the road he could better avoid. The combination of letters makes visible the destination. You can have a word with three consonants, but also two or four. Simple names and old words, for example from your parents or grandparents, consist only of two consonants. The more consonants a name has the more combinations you can make. If you have a word with five consonants hundred-and-twenty words

are possible. There are so many strengths hidden in the name of a person: you only have to look for the right combination.

In the forehead of a person is to see if he is working on him self or not. A true master in the Kabbalah is a specialist in the inner of the human being. He can feel the way of the diseases within the inner being. The outer being can ruin the inner being. When we are talking about diseases we mean the lack of correction. One day a specialist of tarots cards came to me and asked me some lesson for to do his work better, but after a while it wasn't possible for him to lay the cards. In the tarot you have to remember all characters, and this is opposite in the Kabbalah, don't remember a thing. Before there is the learning you have to experience first, it had to fall in you, and don't worry, it will fall in the right place.

Kabbalah teaches you not to remember, there is no remembering in the Kabbalah and this is so different from the learning you have learnt in school. Here you will learn the experience is the understanding. The inner can't do anything with your outer understanding. It is all about your experience, what you receive, your feeling and not what you remember. You can't remember the inner with your outer memory. Don't struggle; try to be aware, this is the way to return to your inner. Repentance is a permanent tool; this constant attitude will lead you to your fulfilment. If you ask: "Is it possible to arrive at the finish?" then you are asking a question with your intellect. Every corrections, even the smallest works in your whole body, it deepens all your corrections till you come to the end of the correction. The smallest correction has its impact on the whole of correction. What you have learned today has his outcome in the rest of your package of fields you have to correct.

Chapter fifteen

15.1 The inner evolution of your high and depth points

When we don't suffer we feel the world is ours. When we have misfortune we feel depressed and then we ask: "what is the inner" or "what good is there in the Kabbalah for me". The true life is only in the now. Only the now exists. So why is there the feeling of suffering? Why can't we work as a computer? What we don't need, delete. Why does it stay in our head and doesn't disappear if the true existence is in the now?

We all need this for to bring us to our goal, for to correct our selves, to govern the world in the way of: he who does well receives the good in life and he who does the evil stays in the past or in the future. The feeling of despair is only there when we have no account in the control system.

Every life has his ups and downs. For instance: from condition one I know the maximum height and the maximum depth. Now we take the middle and everything what is above the line is to be seen as an uplifting and what is below is to see as a depression. But not in the inner, there is no disappearing in the inner. We only receive more. The awareness of uplifting is when we are above the middle and we notice the suffering when we are below the middle. But we can't go from one way to the other all our life; we have to come further and further in our fulfilment. What we see as the right line is above the middle line, willingness. And the other line is the left, the line of severity, evil, at least according to our feeling. In the middle line we don't have too much joy. When I have too much joy, more then I can handle it becomes adultery, either in our mind or physical. Too much of altruistic joy can lead to a hysterical attitude, but inside there was a little joy. A person who suffers can find the strength to work on him self or the suffering can give him a shot. The art of living is not to escape from these situations. And the middle line is the result where we feel neither too much joy nor too much suffering. And know not one correction is the same: they are all different. Therefore it is impossible to say: "follow me".

Quantitative conditions are for the inner as one although you can feel changes. Only when we see the development of a new quality in our conditions we can speak of a new situation. Within one condition we see all kinds of qualities all in agreement with the specific quality. When we are here we have something common though we work all separately. In a way we have one common condition and on the other hand we are different. When we create a new quality a new situation has arisen. Our task is to learn from what we have had and not to let overpower our self with the old situations. The result is an uplifting of you although you won't recognise or understand this immediately.

Don't try to evaluate your situation, neither at the beginning nor later. Don't say: "I feel bad", and start the discussion from within, or say: "I'm not going forward", why? You will always lose the discussion with your ego! See Adam and the snake, Adam was loosing from the snake, the intellect of the earth. Know the intellect of the earth is more powerful then the inner being. The intellect gives you the most perfect arguments, and you know he is right. The snake makes use of your inner strength because from herself she has nothing. She exists but it is you who have to overcome and to transform. Never, and remember never try to break her; she will break you before you had even a chance. Without feeding eventually she will change or transform into the angle of life. (Remember the fairy tail of the frog and the prince.) At first the snake looks bad, but it is only temporarily. At the end you will see it was all comedy. Never curse your intellect or what you think is bad within you, if you do so you only curse a part of yourself. When you say: "I don't want to see the snake", you deny a part of your field of strengths within yourself and fulfilment will become impossible.

When we have doubt we feel the snake. Don't ignore the snake and don't start to argument with her. Only be aware of it. The snake is helping you; she directs you on your shortcomings. She says: "You are a good person, the others are bad", she gives you the feeling of a saint. "Your life is perfect", but it is all a masquerade. Never accept a good advice from a bad person, only experience the strength. When there is sensation, the snake will be there. Try to become aware of your real situation, learn to do things inch by inch. Never feel proud about what you have achieved. Why? Because at the same time you will feel there is still a shortcoming. And be satisfied with this.

Nowadays you see the slogan: “Feel good, feel super, that’s Kabbalah”. Of course, one is paying a lot of money so they have to feel good! The snake is part of the control system. With purpose she brings you to the other side of the path, not because this is what you want, she is helping you to grow up. If you don’t listen to her advice and you see it as your shortcoming, the snake becomes smaller. Always be aware, she can be very subtle for to seduce you on a higher level. In every level we will meet the snake, till you have achieved the complete correction. It is you who becomes more refined and altruistic and the snake does do the same. Always be aware of the snake, if you forget her you will get the feeling you have reach the top and the top is far, far away.

We are absolutely strangers here on earth, it is our inner being who is the true me. When you go to another country you have to learn the laws and traditions of that country. But above all, we have to learn and to live according the laws of the Universe. Only then we will be free. We are as anti bodies if we neglect these laws. Have the feeling you are living in every condition and situation. In the left side of our inner we can find the snake. Accept this and don’t run away. Try to find out when the snake is talking to you. You can’t learn this by reading books. What we are learning in the Kabbalah training is to experience, not as a slave who is leaded to the slaughtered, but as someone who has control over his life.

Inch by inch you will be uplifted when you work on your self: new conditions will arise, different from the first one. And this can happen in one second or it can last for more then 70 years if you stay in the lifeless nature. What we are doing is to intensify the speed of the correction so the frequentation of your inner can change as much as possible. Twenty-four hours per day you have to work on your inner, at home as well at your work.

Make contact with your root, with the maximum of your highest and depths points. In our world we say: “Forget, burry the suffering or feel good and forget the leftovers”, it is only a variation of drugs, he who’s taking drugs wants to forget his life or seduce the pain of his life. A person who is acting in this way is as a child who is running away from pain. A child is running to his mammy and she kisses him, and everything is forgotten. Pain is a feeling we experience when the natural resistance is broken. Natural resistance in this means your ego pours out his heat over

you. See and experience in this way. Nothing disappears from the inner; the cure always lies in your inner.

During the work on your inner a new level arises, the second condition in which you grow higher than the first. But it gives the feeling of falling down because it seems you are arriving in another country. You have to be careful because you have only achieved a small piece of the whole.

Again you have to build up the strengths in this new level. In this second condition you start also with fluctuations. Don't meditate in a way of bringing yourself in a lifeless aspect. Nature neither deepens your suffering nor increases the joy. An animal can only grow physical. First it eats one kilo of meat, later five or fifteen kilo for the rest of his life. An animal can't eat more, while a human being eats more and more.

Don't try to escape from your highest or deepest point. In the second condition you achieve a new highest or deepest point, let it be higher or deeper than in the first. The difference has to be positive and constructive.

The increase of your capability to live your sorrow or joy will be written in your inner account. Feel yourself comfortable as well above **and** below the average. In a way it is an art to have both ends because they are leading you to your goal. In this second situation you can experience a new highest level, but remember it don't have to be the highest level in an absolute way. To experience the difference of the last is enough. Everything is relatively. The first suffering was experienced! It is written in you. Your work only lies in the extra.

And this is a very great secret. When you escape from the deepest point you can't experience the highest point, they are connected with each other. Your highest point only means you have the strength to confront yourself with the light shining in you, in a maximum way, meaning you can confront the light, the pleasure because everything is pleasure. In a way to take breath is pleasure too, but you are the one who have to do the effort to reach this height. When you do so you will come deeper and deeper within your self, a deepening you had never reached before. Sometimes you have the feeling of the highest point and then the feeling of the deepest point: both are from the light that penetrates you. What you feel is the resistance against the good, against the experience of your own death wishes, all repeating itself in a third condition. Don't be afraid of

these varieties, you need them for to go forwards, for to grow up. A person comes to the Kabbalah when he is ready to start the battle between the good and the evil within him. This is an enormous battle to compare with a marvellous play in a theatre with you as the main character. Don't say you can't do this. All strengths are within you!

There are situations existing within our personal correction. On certain days we have the opportunity, separately of our effort, to receive the highest and deepest point from the strength of the Universe itself. If we want to make use of them we only have to make ourselves receptive. In these days we see very favourable strengths coming to expression. One day we receive enormous joy and on another day we receive another form of joy. We can make use of them for to build up our highest points of joy and of suffering. There are also days where we have to be very careful. Don't morn at such a day but make use of these days for to build up your deepest level.

You can compare this with digging the water well. The deeper you go, the clearer the water will be: the more it shines. On the one hand we can be sad and on the other hand it is liberation. All these special days are helping us for to make use of the strength of the Universe.

In what way can we make use of the past and the future while we have to stay in the now? There was once a patient of Freud with a certain syndrome. She lived in a dream. You could say she expected the prince on the white horse that should take her to his castle. For her all other men were impostors. And the greatest physiatrist decided it was better for her to stay in this condition. It is free for everyone to make this decision. But you have to know the control system of the Universe wants us to experience as well the white (the good) horse as the black (the evil) horse. In a way you have to except your deepest as well your highest points and be satisfied in both. Some people only want to know the white horse and therefore they ignore the Kabbalah.

Why is it so difficult to live in the now, to experience the inner life and stay in absolutely serenity? We are all products of the past; all of us carry the suffering and the experiences of the former generation within us. It is not only the suffering of the past we carry within us but also our knowledge. And without this we couldn't handle this life. How could we be in peace with each other? We don't strive for serenity; this is an escape from the reality in our eyes. Meditation for the meditation is only a way for to bring you in agreement with the lifeless nature.

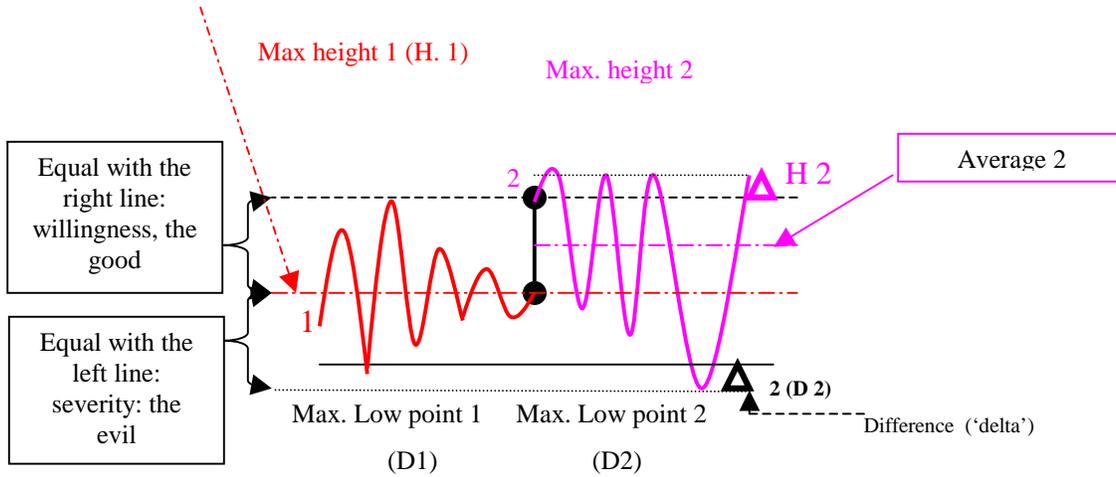
We have to work as well in the right side as in the left side: that's our work. Don't strive for the average; you have to come in every situation to both ends: know how far you can go. If you stay in relaxation you withhold yourself only from your unique destination and in a way you are only searching for an inner death.

Serenity is the result of our work. It comes from your inner being. It is not given to us to sit in serenity and let others do the work. As a result of our work in both lines we receive serenity. If you are longing for serenity it is the snake that is whispering in your ears. You have to desire for the inner work and don't listen to your body. Life is always in the now. In every now moment we become aware of an impulse for to correct a new egoistic piece of our self. Every now moment comes in my awareness and brings a new piece of egoistic self-love in front of me, and it is me who has to correct this right away.

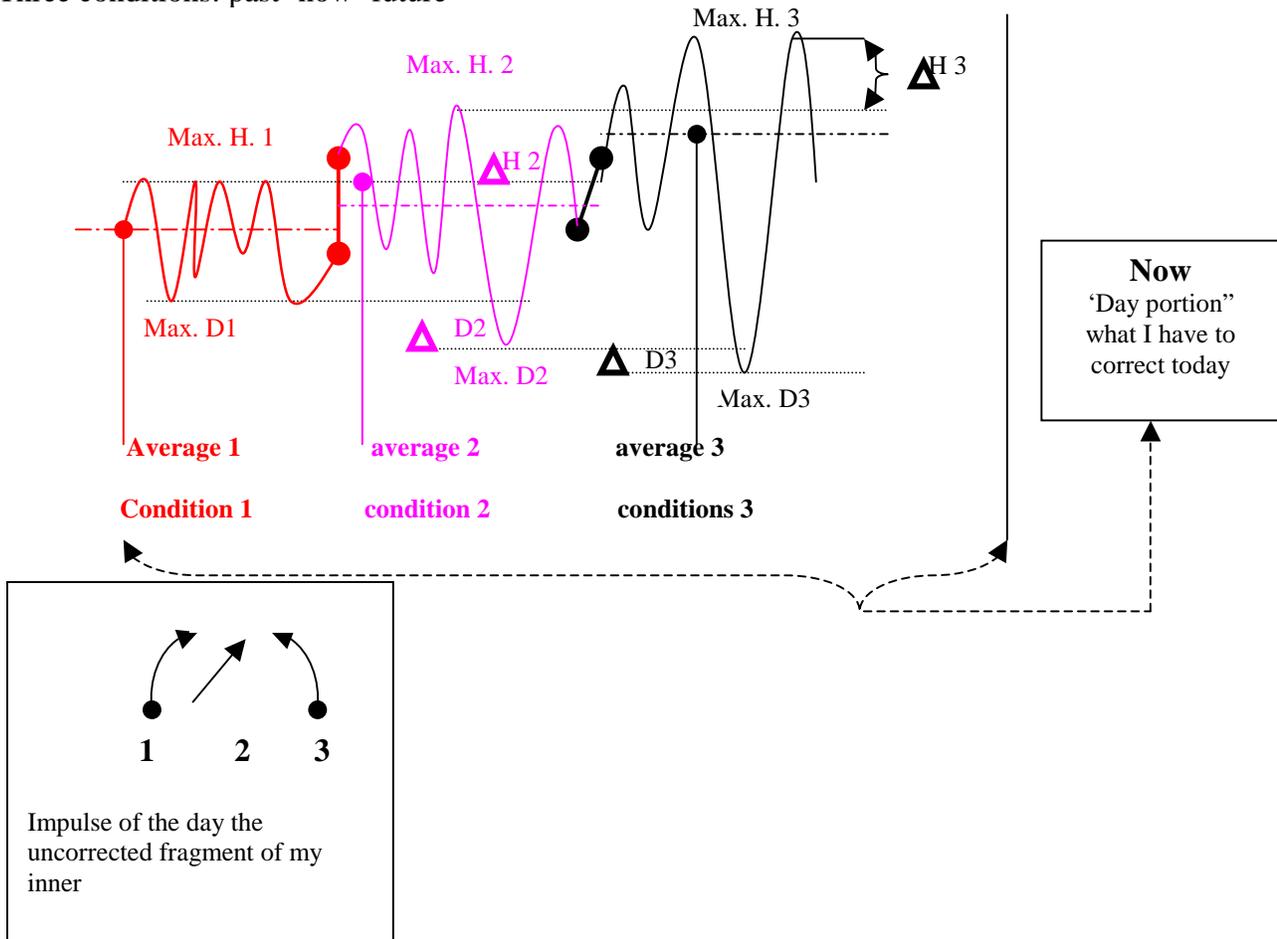
My job is to do this work every day. Each day a new piece of an uncorrected ego arises in me, if I wanted it or not, it happens. It is an activation of the light given to you so now you have work to do. Unfortunately the most of us say they don't have time. Today they have an important meeting, tomorrow the children etc. If you neglect this day portion of your daily correction of your ego, the work stays on your desk, just as when you have returned from a holiday. Try to live in a conscious way, live each moment in the now and try to correct your daily portion of your ego. This is the only way to behold the strength and there will be no stress. We feel stress because so many old pieces are lying on our desk. What a misery! Whose fault? When I neglect the impulses of the day, they only pile up and I can't see the new impulses. It is hard to see the reality. The carriers of energy impulses now block the light you have to experience every day. You had build up so many layers around your inner being while the light within you lives only in the now.

Draw. 19

'Time' within the inner. The process of changing conditions, expressed in the fluctuations of the inner mood: uplifting and falling down, ups en downs.



Three conditions: past- now- future



How can we make a distinction between a true impulse and the impulse of the snake? When you have a lot of questions and you are always talking about them, the question will be lost, while the light wants to enter, give an answer on your question. Learn one syllable is enough. When the snake orders you to do something, it is the impulse of the day. Listen to him and make profit of it. But never go in discussion with the snake, he is very keen.

When you have overcome the snake, you also have overcome the day impulse. Inch by inch you get some feeling, you will know who is talking to you. Never try to break the snake. The snake isn't there for to let you fall down, to break you. He wants to seduce you; you have to overcome his seduction and then you will achieve the right life, the strength for to live. Without the snake you will be the same, there would be no changes. Today we stay between the good and the evil. Through the trainings of the Kabbalah, more and more you will choose the good without ignoring the evil. Be aware of the evil and transform it in the good. Don't say what is outside of me is bad because then you are saying the control system is bad too. Say to your self, everyone, even the biggest scoundrel, is better then me. When you can't except or understand this, you only withhold your own progression.

When there is still in you the attitude of thinking 'I'm better', you have become a prisoner of your own snake. Say to yourself 'every person is better then me'; now you are coming closer to the truth. Why? Your opinion isn't from the aspect of correction, awareness or shortcoming of the other. He may be further away of his correction, but is there nothing for you to correct? May be the thought you are better then him? Each person will reach his goal and in the eyes of the light we are all perfect. For us we have the aspect time, in reality there is no time.

What is your prospect when you live in consciousness? In the inner there is absolutely no place for regret in whatever you have and had done. No moment think at the past. When living in the now, look at every impulse. The snake only gives us the bill of what hasn't happened yet. It comes from the uncorrected impulses and from your listing to his seductions. You are building up a pile. Don't listen. When there is no thought for seduction or for guilt you will go forward very fast.

If you do otherwise, the fulfilment will be later. Living in the now means to accept your daily impulses, work them out and let everything from the past passing by. There isn't time for fixation of the past. Your task is to live in the now. While living in the impulse of today, the light also will shine in the past and it will be automatically corrected. But it isn't your work. Leave the past for what it was. It isn't your business. It doesn't exist. It's a ghost from strength living within you. But the facts of your past have already been processed within your system. What you have done wrong in the past, you can't correct, but living in the now clears your past and the strength will come anew for you to arrange again. What you had done was building up shelters and now the light will break them down. And then you have strength, which was stuck in the past, but now it has been liberated.

And there is another obstacle, the knowing. There is a knowing given to us for to help us. Wanting to know is a tickling of the brains. Scan your knowing: does it bring you to your goal or not, does it help you; do you need it? The endless light gives us His instruction in a simple and easy way. Taste and feel joy. What you are learning here in the Kabbalah always will exist, even when your physical body falls apart. You are only taking with you the effort you had done in this live for to learn how to work with your inner being and what you had done with your inner. The result is measurable and is taken with you. Not the knowing is important but the receptivity, like a candle for the fire. The light penetrates the wax.

To know gives only better looks, even from the inside. But without these looks we are only pitiful beings considering earthly standards. For the earthly man he finds it pitiful when another person works on his soul, on his inner being. The meaning of the word soul is praise, inner: to come in agreement with the laws of the Universe, working on the soul at the cost of the material. Now it tastes bitterly, why? Because for the earthly outer being it is pitiful, he doesn't have the taste for this work.

15.2 About a true request and true shortcomings

What is anxiety? Anxiety comes into this world in the form as ghosts: to overcome them is mental work. Not a matter of psychological exercises or therapy, this doesn't work. You hear all kinds of stories and may be you will receive a medicine for to seduce your anxiety but when the anaesthesia has worked out the anxiety will be there again. What you are feeling is the true fear and it is always accompanied with the love of the light and the control system: "Am I doing enough or not? Did I bring myself enough in agreement with the true reality or not?" This is the basis of your anxiety and when you can bring your anxiety back to the basis, you will be liberated from all others fears in your life. All other fears are coming from your self-love who is giving you the anxiety. Working in your inner will liberate you deeper and deeper from all the others fears which aren't rooted there. The problem is, it's against our nature, against the nature of our physical body. When the physical body can't see any reward it's impossible for him to make any movement, because the body, the outer being always wants a reward.

There is absolutely no fear in our Source. The wish of the light is only to give and we have the wish for to receive. As long you have only the wish for to receive, the fear will haunt you. Not a constructive fear, but anxiety built up within your own mind. And these are products of the unclear powers; they don't belong to the source of the light. Fearing the source of light, and the endless light is very powerfully and powerful, means you want to bring yourself in agreement with the light. If you become aware of this all the anxiety disappears. What reminds is the question: "What can I do", or, "In what way can I feel more love for the light for to come in agreement and attachment with the light?" Everything will come to a solution, inch by inch of course. The act of giving is not in our nature. You have to build up these acts. Trough meditation you can come to relief of these anxieties and set them free. Know the fear coming from self-love is endless. The disguise will be different, always another disguise of your fear.

What is helping you are your inner insights, accompanied with the growing trust and self-knowledge, and with the giving up from your self-love, all of this for letting go the fancied anxiety for to come to the true fear. There is no other way!! A massage can't take away the pain that is within the spine. Every day you have to build up the strength for to go to the right line, to the side of willingness. Here is the feeling of wholeness. This isn't a lie, because in that moment you are whole. And then you go to the line in the left. This is what you have to do while studying

the Kabbalah. Your trust has to grow, what you will feel is a tremendous field of strength coming from you. You will be amazed. All the oppressed strength is coming free.

15.3 Have trust in the light and in yourself

What you are doing is asking for solidarity and strength, strength for to have the force to free yourself from your fear. Once you have done this and you have succeeded you will notice a tremendous explosion of strength and faith. And this is helping you for the next time; stay in your fear and ask for solidarity and strength with the light. The deeper your intention the clearer the answer, and when the answer is there the fear have disappeared. And this gives you strength for to have confidence. The next time you can overcome more fear. Fear is only there because you already had overcome a piece of your fear, inch by inch the light shows you a new piece of your evil and that makes you scarred because you don't have the strength for this new piece of work.

The outer world doesn't give you any fear; it is coming from your lack to see your own evil. Look at your own evil. The more strength you have the more you can see your own evil. And of course this will give you a form of anxiety because for every new piece you lack the strength to look at it. This is your work and through this you will progress. For to overcome all the fear we have to structure our true shortcoming. Shortness means prerecording cannels and without them we can't have fulfilment. Shortness is to have the real fear, not the anxiety of our world for all the material earthly situations. These are only things the snake is whispering into our ears for to suck us away from the strength, for the snake it is important we stay addicted in our earthly anxiety.

Therefore you have to build up your shortcoming for to come to your true fear. This fear is a prerecording cannel. The true shortness is to see the source of all my blessings: this is the fear I have to feel because in there is the light. And I do everything to clamp to this shortness. "Do I have enough love for Him", is the true fear. Have mediation in your own way and try to live according this fear. What we are learning in the Kabbalah training is only profitable when you apply this in your daily live. Through this our trust will become bigger and greater every day – this is our study. Let it happen within you!! You will come closer to your Source and to your absolute fulfilment.

Shalom.

Draw 20 Self-confidence and knowledge

- I** We see a proportional grow of knowledge and confidence in a person. Trust and reason are going hand in hand. One experiences this as a condition of uplifting.
- p. 1** The beginning of the period 'within the reason' in a human being. There is an increase of his knowledge but his self-confidence stays on one place. He experiences this as a condition of stagnation and of falling down.
- II** The period from "within the reason". The experience of falling down grows.
- p. 2** The end of the period "within the reason". He gives up his attachment with his reason.
- III** After p.2 he goes further with beyond the reason by way of his self-confidence. Now he experiences an enormous explosion of strength, an additional feeling of energy and fulfillment.

