

Jasniha - Tuesday Eve - Dec. 30<sup>th</sup> 1952

Jas. writes his books by speaking into the dictaphone. He knows not what the end will be but slowly builds one fact upon another.

The Overself is all. We must not make it of separate existence. When we try to find it outside ourselves we only lose it.

The will re-embodiment  
time and timelessness in the difference - thus getting a true and objective view.

When I lost my 'illumination' I tried for its return from outside myself but realizing that it is always within. So tried the Yoga - they try to get into timelessness but always find it impossible because the three must go together. They throw out their own oneness by trying to be in only one side of the triangle.

If sorrows come, don't cry over them but do something. If our outer world is unpleasant then it is ourselves which have done the wrong thing. We must constantly look at the difference between what we want and what is returned to us. What is Karma - only ourselves. You can not see or touch it. We have to power to feel our own lives every moment. When Jas. dies he will be with Idzoda because he desires and even in their next life if they will it they can be together again.

In 3,000 years a new race will be born - the whole world will be white. Europe will be indented red and also many parts of Asia & America. The will be blue.

You can be the master of all situations if you resolve to be so. Unity has promised me, to Dominate instead of - Because of my illumination I can really understand all their instruction -

If a reflection comes back wrongly, you have made the mistake - change the mistake and then throw it back. Again with success. We must stop to see all in one. One self is oneself. With understanding of Juddhaat Comes illumination. We see all situations as an opportunity to discover the difference and to adjust it, no problem is too difficult to solve objectively.

Doc. built up of home money and profession with only his mind. He came from prison camp to Holland with nothing now but plenty. We will not acknowledge a fate but only his own strength.

To heal a person you must be strong enough so that when a bad vibration comes from you you only reverse it to a good one and it has transformed. It is like the mouth of the stone which comes from you and you must reverse it and send it back again. Empty yourself and gather power from the trees and plants.

Doc. sees only the ego of man and not the body. All people are either tall or short but only sees the ego.

Blasphemy on the psychic plane.

And I was one and Many  
And I was Sound and Colour  
And I was Word and Utterance  
And I was All and Nothing,  
Before Your seed germinated,  
And I shall be it as it begins to  
flourish, and ~~it shall find Me~~ <sup>it shall find Me</sup> as it dies.  
And one shall find Me in eternity.  
There is no Beginning and no End,  
But where I end, begin I  
And he, who is mindful of Me, sees Me  
in himself and in everything created;  
And he, who is not mindful of Me  
loses himself in himself,  
for he is seeing blind and hearing deaf!

(I = All)

From Doonida 1953 B.C.  
(Baek von Wig - 27,000 A.D.)

Karma-

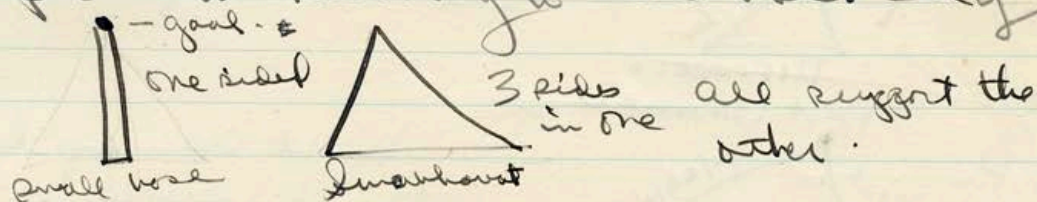
If we learn our lessons within then there is no necessity to learn them from the outside world. If we give up our desires we can then have them. Dos was told by his guru that he would lose his leg in the war. The Dos. learned to detach himself from it so that finally it would make no difference to him at all if it were taken away. Thus his leg was left untouched because he had learned the lesson of losing a leg involuntarily. <sup>as it</sup> is with our lives. Becoming detached and we will never have to suffer outward vagaries. The Christ consciousness will dissolve karma.

The Chinese wife is always attending to her husband's wants. The Russian mentality is very Oriental.

Remain in the differences and have all.

To help someone who is physically ill  
Always be positive and happy & the people who are in your vibration will automatically pick up these positive vibrations. Do not concentrate on one person but only be within yourself. (H.H.H.H.)

Yogis look only inside for the I AM. and do not realize that is only part. The outside is also part. The reflection is necessary to the whole. They work so



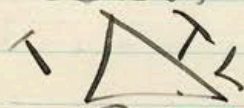
They do not first contemplate the I AM but take their small self into meditation thus blocking full expression of I AM. They neglect the body for the mind, not realizing the importance of the body.

We all are potential greatness. We need only draw on the un-limited supply. I became greater than his master Kundini but working in himself. All must realize he creates his own world. We see nothing as it IS but only the difference between ourselves and the object. Everything is in a constant progression. We never see the sun! We see only its rays which take  $8\frac{1}{2}$  min. to reach the Earth and by that time the sun is in another spot. Same with stars - but all life. We only see people by the view we are taking of them.

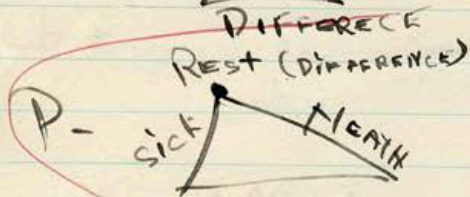
Man needs woman to complete himself. The feminine principle is important. Woman has much more intuitive development. A woman is the idea behind a man who acts.

To love we must realize our Aloneness thus being one. Love binds the two M + F together. To understand the other we must look from the differences (objectivity) Man is always alone yet always one.

We make our future now in time and  
timelessness



— all are important for the whole.



must always look at  
the difference.

Spirits are only in the mind. They do not exist apart  
from that. If we are bothered by them it is only  
because we have set our mind to that vibration.  
They cannot exist without our minds. Love with  
happiness or depression. We pick up the vibrations  
from others according to where our mind is tuned  
to. Thus happiness establishes the happy vibrations  
of others.

We have complete control of our lives!  
Never forget this.

We make our own individual world and it  
is only a reflection of ourselves. Give freedom  
to all. Have freedom within yourself.

Be free from fear - it only destroys. All is one  
so nothing can harm. There is no resistance - only love.

Meditation is a must for some people at a  
certain stage of development. (Materialists, business men)

To do something one must have possibilities.  
This possibility is within us and Life is but the  
reflection - flow. Our action is only complete when  
the reflection is perceptible.

When something goes against us, we must deeply  
consider where we failed to do something. Don't  
blame life for it. Consciously handling the law of  
cause and effect, is the liberation of - the conception "EVIL"  
in the generally accepted wrong meaning.

"EVIL" is the absence of Right action.

Let us rejoice that life cannot add anything  
to our actions! It then would be impossible for us to  
make the slightest change and we would <sup>be</sup> entirely de-  
pendent on what LIFE wished to give us!!

It is liberation to know, and to be able to prove that  
there exists no compulsion whatever that makes man live  
but that man entirely determines himself.

This is the great justification of existence. Man -  
himself entirely and individually makes his own life.

All eastern philosophy are founded on this  
conception.

~~It~~ (Pay before) Everything we have discussed in these  
lessons already was in your possession.

We are only like a mirror. Whenever  
anyone harms us by word or deed - never mind -  
it is only a mirror which reflects - even if  
we are killed it is only the mirror which is  
then broken, but we remain free + whole.

We must try to find out what is the  
difference in all things. What is the difference  
between ourselves and others who are unkind  
to use. Use the intellect and Act!

Observe your surroundings at all times.  
Learn from all places, peoples, & circumstances.  
Most people waste their lives sleeping when  
they could be awake with the joy of living.

Wounded workers have learned to  
waste the elements of nature by doing so.  
They lose their own powers. Each time a  
"miracle" is performed some power is going  
out of themselves. Why not persevere those  
powers within and do things in the natural  
way. You will be much stronger.

Priest is Chicago was a white brother  
without the knowledge of being so.

We are a thousand of different  
points of the Universe at the same time. We  
are in reality everywhere.

Difference between Theosophical + Intellectual,

P.B. should have a small garden to  
work in a while every day in his bare  
feet. The earth is filled with magnetism  
and healing qualities.

P.B. should stop seeing and writing to  
admirers & emotional people, but should  
use all his energy & power for himself & his  
books. He is too big - cheated to refuse - must  
be more strong and aloof.



Sasmita - Friday Eve, December 26<sup>th</sup>, 1952  
(M. Kadumi)

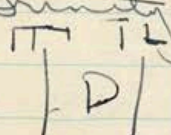
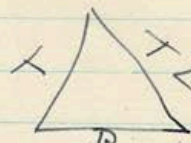
Christ lives in Lebanon in a hidden monastery, studying for his next mission on Earth. He has spoken with him - says has a short beard and blue eyes. His vibration is extremely powerful and when you see him you know that he is the Christ. You cannot find him - impossible unless you have great development.

Sasmita says that man needs woman of pure vibration in order to experience the sweetness of life. When the two powerful vibrations join a tremendous creation takes place within heart. One without the other is incomplete. The man needs the woman to give him the intuition and gentleness. Without one another we can not make the one because man + woman are two and what the difference between - it make the three in or the Trinity.

Timelessness = Ourselves

Time - Ego

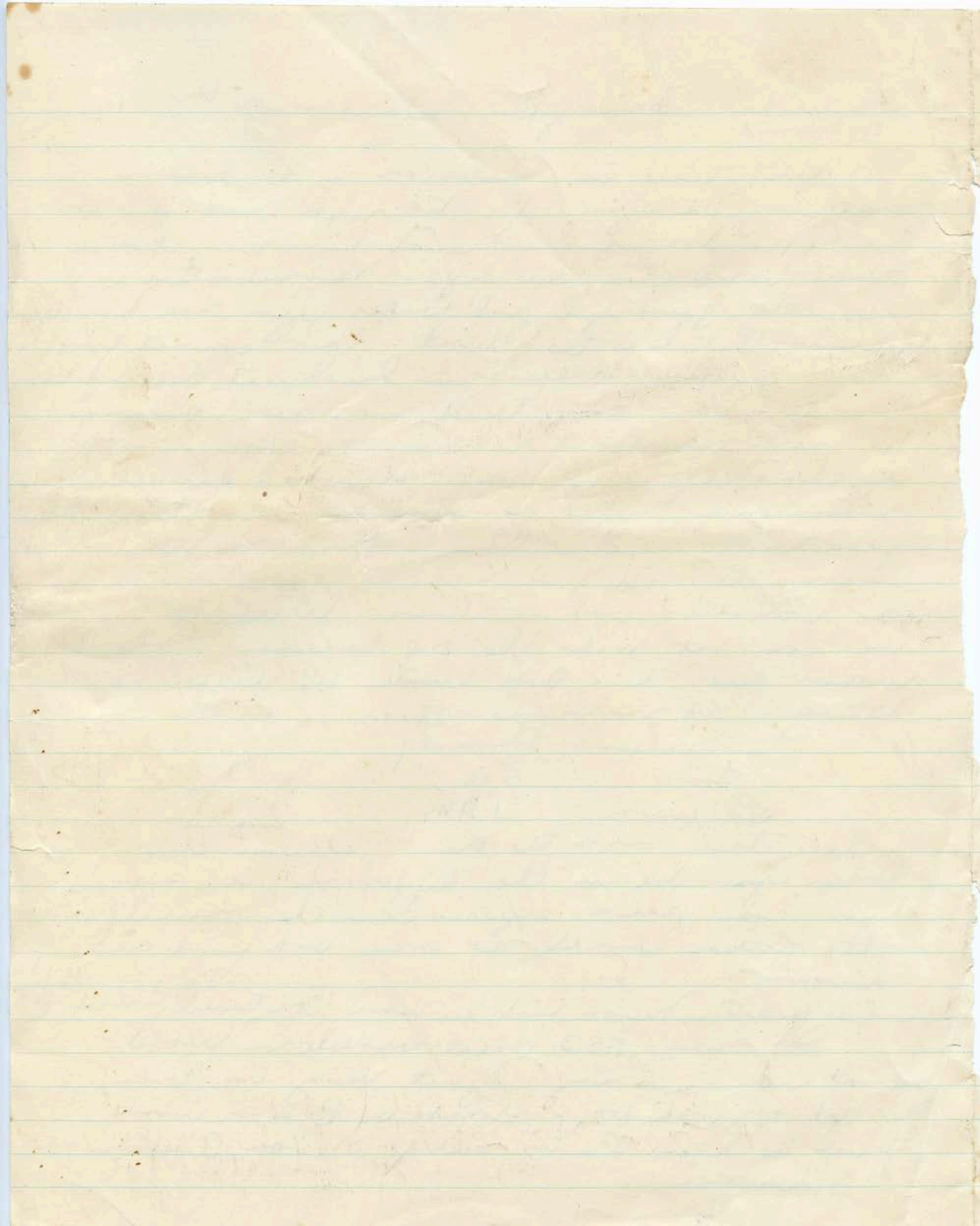
Difference - I AM



All three make the one = illumination  
When you are in the difference is. Space  
You can see + experience the ourselves and  
the outer world at once and find a  
universe.

What prevents the human mind to make it is turned inward <sup>itself</sup> <sup>upward</sup>

In July 1953 great trouble in world - almost war - moving against being in London, New York or Washington - think the Russians invade through the N. pole. Be in Calif. Mexico, Australia or S. America.



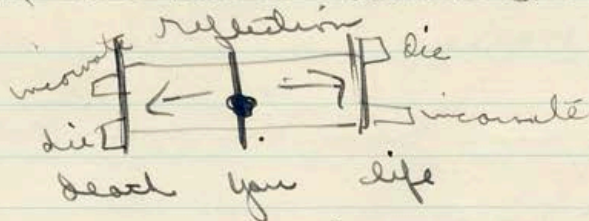
Personal

Lessons from Sathya Sai Baba ! P.B. - It's a  
great found within but first he must

↓ must realize within himself - not be so  
obedient but subjective - must turn within.

There is no past, All of your power is new -  
know your power (only space) All is only new -  
we are moving forward.

Our outer life is only the reflection of ourselves.  
Like looking in a mirror your reflection bounces  
back. If you see a black spot on your face only  
by the mirror's reflection you do not try to remove  
the spot from the mirror but from your face - so it  
is with life. When something on the outside is  
bad or unpleasant do not try to remove it by  
blaming or persons or life but remove it from ourselves  
our thinking - there was something wrong in our  
thinking. What look to ourselves for the cause, not to  
life. We have done something wrong - the ball bounces  
back only as we have thrown it. Life is only reflection.



The power is only within us. At one time, we  
experience life because we are drawn to it and  
another time death.

Always think and act with the eye of the inner  
self.

Learn to think for myself. Not always  
have other's ideas and theory. Life, think, experience  
Learn by the other's wrong.

But they are only wrong because you have experienced  
them and knew them to be wrong. The person who  
is committing the wrong is really doing right because

He has not yet learned that it is wrong to do so. If he did, he would not be doing it.

Never correct or condemn anyone. Whatever a person does it is his experience, not ours. We shall have freedom, but we must also give the other freedom. Never judge, for what the person does is needed for his growth. If you prevent him from doing it, you only prolong or postpone his lesson. Be yourself an example, not a teacher.

What is wrong for us is good for those who do it. Life itself is the teacher. We can never teach another. Only ourselves.

ALWAYS THINK AND ACT WITH THE FIRE OF THE INNER SELF. SABAYAT IS LIFE


To act is to learn. Learn by our actions our shortcomings and incapacities. Be constantly observant of ourselves + others.

We must bear our own karma - not that of others.

"The matter is only more independent in time not of time."

All life is a triangle  $\Delta$  time + timeless + difference<sup>to</sup>  
One cannot exist without the other.

Beach - Red blood - Red vitamins B + A  
long walks, good food, happiness + contentment - own

From Small Swabhamat.  Desmita

"Contemplation of our actions, makes our entire life. The outer-world is only a "mirror," which shows us how We think about this outer world. Our OWN image is reflected. "Failure" is a wrong action, which is reflected as "wrong."

Life returns (reflects) what it receives. Demanding something, we must first give. Demanding without giving always gives disappointment. What you lack in receiving was failure in your giving.

From this deficiency you can learn where you err. . . . . The right self-estimation produces the right action and the right effect. Therefore, do not consider failure as an inconvenience, but as a lesson.

Man deludes himself, by placing occurrences outside himself!

Life does not compel man to anything, but man chooses, according to his own nature. We-Ourselves make the mistakes and it is not Life which gives them.

Man wants more than he can assimilate and is caught. He seizes more than he can hold, and with one eye sees more and is caught. He is caught in the multitude of his possessions and is caught. He must lay them down one by one, to be able to assimilate them.\* (over page)

Future is made in the present by Man-Himself. . . . .!

Operating rightly in the present, one has also done the same for the Future. We give form to the Future by our action in the Present. This sets man free of fear for the Future, and keeps this Future in his Own hands. You bring all conditions to realization by continually new actions.

It is the possibility to determine your own life. Do not wish to do more than you can assimilate.\*

"You ask: Why then, is life so wrong?" Whenever we look around us, it is exactly reversed to what we wish! We want everything but we cannot comprise this "EVERYTHING". We cannot receive more than we can assimilate, wanting to much one mostly loses what one already has! Man is no wiser than a monkey:

Putting his hand through a hole and seizing a fruit, he cannot withdraw his fist (hand + fruit) thru the hole and he will not let go of the fruit!

In this manner he is caught, or rather: he has caught himself.

Why everything "Is". Now that we have comprehended <sup>that in</sup> human life, we receive what WE Ourselves have created, we now also understand that our expectations in life are wrong! We must seek everything within ourselves.....

This so-called "IS", actually means: "Man himself causes or creates ALL".

To create something, all possibilities must be present. Our self-centered life must therefore be within us! What we make of our lives, is no more than our ability can produce out of this "Is".

"All is" therefore means no more than: "the possibilities are present" and life is what man brings into existence therefrom.

To obtain self-knowledge we must act. By our deeds we learn to see where we still make errors, and this enlarges our experience. Thus our errors are our best guide on the Path of Life.

Considering this error as a disageedness of the so-called "outer-world", we are on the wrong road, because we do not realize that WE Ourselves form life, according to our deeds.

Sasmita - New Year Day - 1953 - Holland

Empty yourself - get down all worries, troubles, concerns - this by becoming empty the true self will manifest itself because it has no instructions. Don't carry burden on your shoulders when you can throw them down and be instantly relieved of them.

When we are empty all the power of the Universe will fill the emptiness.

By looking to culture, science and all the outside world of man's manifestations we can see the modes of ideas of the spirit manifesting and being transformed into materials. This is evolution. When ideas are transformed into matter.

My eyes are equal. The same on both sides of my being. When I know in the spirit I can immediately transform into the material world. Sasmita says that I have a great future ahead of me. My past two incarnations were Chinese and Indian. He has felt healing vibrations from my hands. Stop all illness is caused by friction in the mind. We must throw away all fear and become strong against all obstacles. We are nothing more than a mirror of the self. Destroy all fear - our self is only god.

Always listen to the truth with the real self. Everything is only our image. Our world is self created.

Everything is the projection of Self -  
Nothing can ever touch you - only the mirror.  
We are free of all people and circumstances.  
We have within our power to create only  
happiness every moment - what is there to  
stop us? Only Self imposed fear and un-  
happiness. Freedom is our Nature.

When we see another person, we are  
only seeing a self-projected image in  
our own minds but do not actually see  
them outside ourselves. If anything is  
wrong it is only within ourselves for our  
whole Kosmos is only self-made within us.

With real understanding of Advaita  
the illumination will return. When you are  
in the difference of the ego and OneSelf  
you are free. (Between Time + Timelessness)

Each moment we are creating anew our  
world. Never do you see the same thing twice  
the same. Each time you look at an object  
(cup of water), you are creating a new one, because  
by now you have created a difference -  
the space of time between thinking of the  
object. Thus it is not the same.

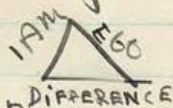
Every movement or action consists of  
numberless previous small actions. By under-  
standing all little actions we can easily  
understand and solve all actions in life.

Take a mirror and place it in the center of  
the globe. The right side is the left side reversed -  
and is the spiritual + post incarnation and left side  
is the now + material. P.B. post Chinese high real  
Chinese round head.



Sessions with Josiah - Dec. 18th - ~~St. Louis~~ 10-3

Strength only comes with the absence of all fear. In the gas chamber camp he never feared death and was therefore left untouched. Fear nothing for you have all power within yourself. Live your life by being the difference. I AM - Difference - ego. Thus spring strictly into your life. Life is All. Spirit matter are one and cannot exist without the other.



Learn every minute of the day. No one, nothing can take knowledge away from you. If you live or die, it is of little consequence. Be strong in each. Fear not - and all power is yours. Our whole lives are based on fear of the future. What is future? Now. We must sit above past, present and future and look down upon it seeing it only as now.

We cannot make a auto run on poor gasoline for long. So slow can we expect our bodies to run on poor food, not important spiritual food. Change our thinking - we automatically change our lives. By being content and satisfied with the moment as it comes only makes our future secure. For no matter where we shall be in the future we can master every situation we must face. And in being joyful, happy and content every moment we think of power fabrication to all and especially to those we are closely connected to. They can draw from our joy. In that way we really help others. By being happy ourselves we are able to really give to others. Think not of others but think of learning yourself - being content, interested and alive

every moment. There is always something  
to feel. Assimilate each little thing  
and do not say to reach for more. Within  
us are great potentialities we have only to  
cultivate them.

In everything there is spirit + matter.  
A table has life only matter until the spirit  
(thinking) of man made it a table. We know it  
is a table by contrasting it with ourselves.  
That is how we know everything.

In everything you do, notice this contrast  
(difference)

Be a lamp in the darkness. Always bright,  
alive and ready to warm people and  
enlighten them when they discover you. Be  
example. Never mind about the other fellow.  
Deny yourself and you will benefit all.

Great war will devastate Europe - July 14<sup>th</sup>, 1999  
9 o'clock A.M. Paris will be bombed. Europe  
will be completely destroyed. Think America will  
not be invaded.

~~After that the yellow race will~~

Use Novog!

Nyc

~~2001~~

2001

Mushrooms only source of vitamin ~~D~~ D  
P.B. needs vitamin K in sun ripe tomatoes  
(watercress)

cucumbers  
watercress

andelion greens

100 gr. of papaya gives daily vitamin requirements.  
Vitamin B = peas, brown beans, dried peas, potatoes  
~~brewer's yeast~~, wheat germ