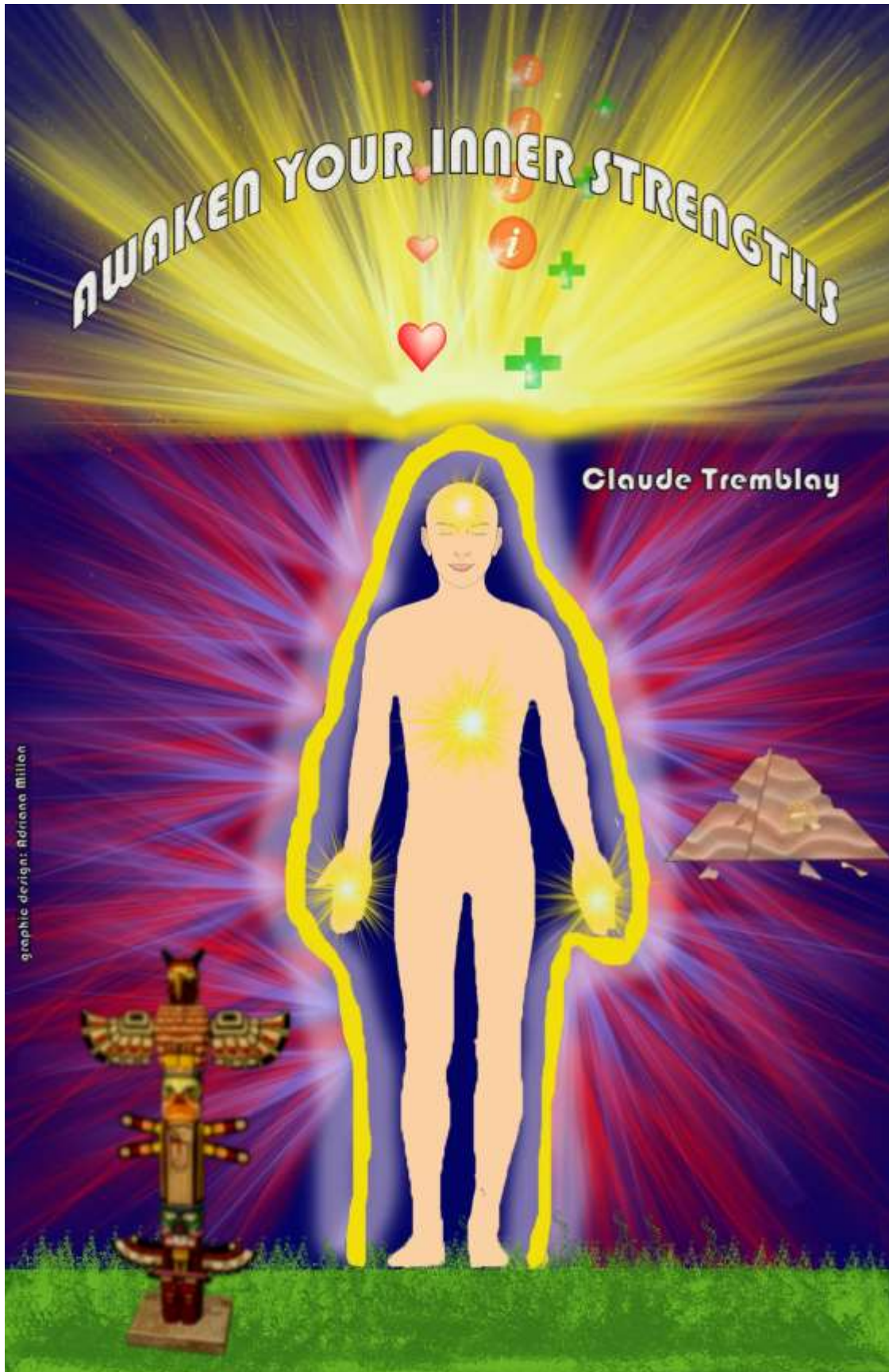




AWAKEN YOUR INNER STRENGTHS

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I would like to thank all of the people who allowed me to evolve through the obstacles and suffering and indirectly prepared me to carry out one of my important missions in this life, the writing of this book. I would also like to thank my soul for its patience, its great generosity, and its immense wisdom; you will never cease to surprise me. I do not know who you are exactly, but you have great inner strengths and such greatness of soul that you have agreed to come into this life to face the wrong orchestration of all of these powerful and imperialistic organizations and religions that have removed us from the truth and by the same token, have stopped our spiritual evolution for more than five thousand years.

Finally, I would like to thank all the people who have participated in this book.

Table des matières

1. Spiritual Message	8
2. Summary.....	9
3. Forgotten Prehistoric Spiritual Heritage.....	13
The American Indian people	14
Shamanism	18
The spiritual discovery of the secret of human beings	19
Spiritual symbols converted into symbols of power	23
My mind tells me:.....	27
Spiritual message:	29
4. Political conquests.....	30
To cerebralize	34
Ancient Egypt: Society with political powers	36
My mind tells me:.....	41
Spiritual message:.....	42
The continuity of the Egyptian heritage.....	42
Abraham and the Hebrew people	43
Moses	47
The Roman people	51
The beginning of the fracture of the Earth.....	54
5. Religious conquests	58
Imperialistic power	58
Heritage of the Egyptians, Greeks, and Romans	61
Christianity.....	62
Jesus of Nazareth and his twelve apostles	64
An example of the consequence of Christianity.....	69
Islam	76
My mind tells me:.....	79
Spiritual message:.....	80
6. The Creation of my vessel	82
Gift baby	82
There is no coincidence in life	82

Another gift, thank you, Uncle	83
Another gift or a coincidence?	84
7. My cerebral programming.....	90
The religious invasion of the missionaries	92
The promotion of the intellectual intelligence IQ.....	95
Another victim of religion.....	101
The cerebral heritage of religions	105
The continuation of my cerebral programming	109
This unknown inner strength rejected by my mind	110
Liberating inspiration.....	113
8. My power conquests	114
Cerebral love	116
Escape from my hometown	118
The beginning of my quest for freedom.....	119
The pursuit of the chain of needs for power.....	120
9. My cerebral reprogramming	122
Realization	122
The return of my awakening sessions	123
The Quest for pure truth	126
How a mind works.....	128
Only the soul is immortal	129
Cerebral states.....	131
Solutions and tools	136
Steps of mind reprogramming	137
10. My alliance treaty.....	152
The life lesson from Yves.....	153
My mind's acceptance.....	156
11. Our teachings of the pure truth	163
Buddhism.....	165
The functions of the brain	168
The bequeathed codes of the sages.....	170
12. How to open a spiritual connection	176

The human body is an antenna	176
Warning	178
Types of spiritual connection	181
Your soul.....	181
Universal spiritual energy.....	182
Astral.....	185
Conditions for opening a spiritual channel	190
Steps for connecting to the universal spiritual energy	194
Steps for opening an astral spiritual connection.....	200
Steps for purifying your body.....	202
Read the requested signs	203
Recognizing cerebralized information.....	206
13. Conclusion	209

1. Spiritual Message

If the gods had really wanted us to live according to their laws, written more than 2000 years ago by human hands, without the possibility of evolution, they would have found it much easier to keep us chained in a bottle near them so that they might contemplate every day their slaves prostrated and praying. The real truth and not that derived from our cerebral programming is that god or the gods have made us in their image so that we can live freely, in harmony with ourselves and others, since we are all spiritually independent without need of any intermediary, book, or object deified by human minds. Here is a book that teaches you how to regain your cerebral freedom, to develop your inner strengths and your spiritual independence as taught by the spiritual heritage of the First Nations, more than 10,000 years ago, before the coming of the imperialistic societies and religions looking for the pyramid of powers.

2. Summary

This document has been put in your path for a good reason, because you are ready to undertake a change in your life in order to attain lasting happiness. In life and the universe, there is no chance or coincidence, there are only opportunities put at your disposal to help you in your quest for happiness, spiritual independence, and evolution, but for this you must be above all, in a free and peaceful cerebral state.

Since the beginning of humanity/society, we humans have always had an obsession to want to understand things and indirectly to want to understand ourselves. Something inside us pushes us and forces us to ask ourselves questions, to want to obtain knowledge, truth, spiritual independence, and therefore to evolve. For more than 15,000 years before our era, consciously or unconsciously, it has become a concern, an obsession and for some, a tool of power and conquest. Since the beginning of humanity, more than 10,000 different religions have been created by programmed human minds.

Despite the phenomenal amount of information circulating on the so-called subject of spirituality, we are all still mixed up and not independent in the management of our lives and worse, human beings have not evolved spiritually in the last 5000 years. It is obvious that society and religions have all failed in their missions to enlighten us and to explain to us concretely in detail, how we can manage our lives more efficiently and harmoniously and become independent in our spiritual evolution and this, on a daily basis. In the face of this blatant and distressing failure, it would be in our interest to change our approach

and stop investing in useless magical beliefs for which the present moment is of no importance, and which only distance us from ourselves, from our souls, and from the universal spiritual energy provided by our fellows.

During prehistory there were phenomenal advances in human beings' spiritual understanding. The First Nations were fortunate to live in a worldly environment free of any imperialistic religion and society, where their minds were not falsely programmed. They could thus live in harmony with themselves, nature, and other living beings, and they were totally free to think. This had the positive effect that they understood the spiritual truth of the human being, which is that we all have a soul inside of us; that it is eternal, and that it reincarnates after the death of its human vessel. That we are all equal and connected to each other, that we are all spiritually independent since we have the ability to open spiritual channels with the universal spiritual energy provided by our fellows in order to obtain peace, information, and even healing. Although this spiritual legacy left by the First Nations has virtually been destroyed by imperialistic societies and religions, it is still present in certain corners of the world, places where these cerebral organizations programmed to seek the pyramid of power have not left their fingerprints.

From the year 3000 BCE, imperialistic societies seeking the pyramid of power have developed, destroying the spiritual heritage of the First Nations, programming human minds to believe in magical thoughts and especially to be afraid of gods in order to make slaves of human beings. This was the beginning of the imperialistic religious weapons, of human beings' great slumber, and the

end of their spiritual evolution. Later came the sages who tried so hard to understand and put the puzzle back together in one piece. Despite their high level of consciousness and their inner strengths, they got stuck in their own minds and those of others. After all, don't we say according to the old adage that "we are all our own worst enemy?"

Their minds were their greatest enemy, their greatest obstacle since this organ, despite having great capabilities, remains all the same an almost empty computer at birth which is then programmed to the local flavour, thoughts, values, cultures, and beliefs of the society associated with its era of existence and accentuated by the geopolitical situation of their milieu. It is influenced by things like civil wars, the needs of conquests and powers, hatred, judgement, the thought of being a chosen people, isolation, and the expression of wrath through the creation of gods that are angry, violent, military, controlling, and disrespectful of the lives of others or divergent beliefs.

Unfortunately, for all of these reasons, human beings have been headed in the wrong direction for 5000 years, and we could not clearly understand the coded or erroneous messages brought about by the passage of the sages and in most cases, their messages were totally destroyed or altered by the people of power who were in place at that time. For all of these reasons, we have been directed, programmed towards solutions outside of the human body and our being, and this has deprived us completely of responsibility and removed the possibility of continuing our evolution.

This book has absolutely no intention of creating another religion, nor other intermediates or deified objects; there are enough of them as it is. The main purpose of the book is to return the responsibility for your happiness and your being to you by teaching you how to free your mind and recreate a peaceful environment that is equivalent to what the First Nations had. Then, to bring your cerebral state to a level of well-being sufficient to allow you to raise your level of consciousness and awakening and thus make accessible your soul and your inner strengths. Once your spiritual awakening has been carried out, you will be able to use all of the tools available to you to build your own spiritual independence in order to allow your being to construct lasting happiness and a harmonious life, and thus evolve according to the universe.

3. Forgotten Prehistoric Spiritual Heritage

The period of settlement in Africa was followed by those of Asia, Europe, Oceania, and America. In these prehistoric times, human beings' thoughts were almost exclusively related to the vital needs which boiled down to survival: drinking, eating, being safe, and procreating. This is still the case today: when a person is in a situation where his vital needs are not met, his mind falls into an uncontrollable emotional state, he cannot think of anything else, and he is therefore unproductive in terms of efficiency, consciousness, happiness, and evolution. Unfortunately, this fact has been well known through the millennia by people seeking power, so this human weakness was exploited excessively, for example, in slavery where fear and the rationing of food were constantly used to obtain the slaves' physical production without them being able to think about revolting, rejecting, and evolving. In the next chapters, we will see the importance of properly managing one's mind and especially how to ensure that it is kept in a cerebral state at a productive level in the green zone.

First Nations peoples live in Africa, Europe, Asia, and later, America. North America would have been populated from Asia by groups that passed through the Bering Land Bridge, located between Alaska and Siberia, about 40,000 to 50,000 years ago. This explains a great similarity between prehistoric spiritual beliefs and understanding between the peoples of the American and Asian First Nations. Even today, these two peoples are more spiritual than those of most countries having been invaded by imperialist religious power. Also, there have been discoveries of old tools dating back over 15,000 years, similar to objects

found in Europe during the same period, but above all you will see in this chapter the similarities of spiritual understanding between Europe and the Native Americans.

This is the prehistoric history of the American Indians.

The American Indian people

The American Indian people are the First Nations that inhabited North America. Archaeological digs have discovered the body of an American Indian dating back over 35,000 years. Moreover, researchers agree that North America was populated by human beings from Asia and Europe. The American Indians are a mythical people. There are so many mysteries surrounding their cultures, so many myths and secrets that almost all disappeared with the coming of Jacques Cartier in 1534 CE, followed later by the people of power including the religious representatives so convinced by their thought process that they were supposedly very spiritual and close to their loving Hebrew God, that they did not care much for their trampling on American Indian culture, thus reversing humanity's spiritual evolution. In their defence, the human beings who came from Europe after 1534 had received cerebral programming from the Egyptians and Romans for over 4500 years, erasing all traces of the spiritual universality to give way to human gods, magical thoughts, and the Hebrew God of the Near East, all of these conquering gods, military with their laws, violent, controlling, and eager for power and wealth.

The American Indians, even if they lived in very difficult physical conditions, managed to live without conquering, in harmony on these very hostile lands, to live with respect for nature, for living beings, and for all that surrounded them. By this profound respect, from their ethics, life, and nature, gave them valuable services and information. Here is a part of their narrative, but above all their spiritual heritage as a gift to enable humanity to regain the right direction and thus continue humanity's evolution.

As the vital needs of the American Indians were met and well-controlled, another natural need, coming from the inside, began to appear: that of wanting to understand things on a spiritual level for an unconscious purpose of evolution. This process of spiritual understanding was a very long process. It evolved very slowly and it is still continuing today. These human beings living freely in those times had no constraint from erroneous cerebral programming or desires to alter the truth in order to fulfill the false needs of power, so they were able to live consciously in harmony with their environment and feel the inspirations from inside them. Consequently, their spiritual understanding and beliefs were inspired by their immediate surroundings, so they began to believe in the existence of supernatural beings, gods associated with the sun, the moon, the stars, and even certain animals. Thereafter, their level of consciousness rose higher and higher due to a harmonious life with their environment and their own being, without the constraint of cerebral obstacles. They then became aware that they had a soul inside them and over time, this realization continued and they began to reject the fatality of human death. Then the concept of reincarnation appeared because

they could not believe in definitive death. In fact, at one point in human history, someone had the inspiration, a flash of genius, perhaps by the coming of a sage, that there was no definitive death, that the soul contained in the human body could not die and by the same token, that it was eternal. It would have been so interesting to know the exact moment when this fact appeared, this understanding and acceptance that a soul lived within the human body, that it is eternal, and above all, to know the name of this first sage or genius who discovered and taught humanity's greatest spiritual discovery. Fortunately, at that time, there was no media or societies possessed by the false needs for power that would quickly change this pure truth without artifice or fanfare, so this fact could be shared and taught through the millennia. This understanding that every human being has an immortal soul evolved and spread and led to further questions, the next step to things, where the soul went after the death of the human body. It is impossible to know the period when they found an answer to this question, but we can easily understand their reasoning. They knew that the soul survived and left the dead body so it needed another living vessel, but at that time their inspiration was limited to their immediate entourage, so to think that the soul went to an astral state while waiting for either another human vessel or other option, was out of their field of view. They concluded that the human soul reincarnated in the body of an animal or an object such as a river, a mountain, a wolf, a bear, a bird, a fox, etc. It was then that the symbol of the eagle took off because this creature represented the pure and free soul leaving the human body to fly to another vessel. The symbol of the eagle is omnipresent in

American Indian culture for spiritual reasons and does not represent the cerebral power that would be taken up later by many countries and peoples seeking power.

These spiritual discoveries of the immortal soul living in us, of equality and reincarnation after the death of our vessel, are the fundamental principles that we have all come to learn in order to evolve. That the baggage we accumulate during our lives will not be lost makes sense because otherwise why would it be worth so much effort, sacrifice, and evolutionary obligations? It is still unbelievable that these truths were known, dozens of millennia ago, long before the coming of politicians and lovers of black, gilded and multi-coloured wings, unable to fly and in no way in need of being deified. It would have been so much easier for humanity to learn from their wisdom and allow us to continue our spiritual evolution but unfortunately, the people of power who came from 1534 onward, had other ambitions and this almost caused their precious truths to disappear.

At first the concept of incarnation was primitive. They believed that the soul within the human body could reincarnate in the body of an animal; this belief is still passed on today among some peoples, such as the American Indians and the First Nations of Asia. Remember that North America was colonized from Asia, hence the great similarity of the primitive belief of the reincarnation of a human soul in an animal after the death of the human body.

Shamanism

The ancient spiritual understanding involving shamanism, which is very important and present in the American Indian culture, appears even on ancient drawings in prehistoric caverns, like the Cave of the Trois Frères in Ariège, France, dating from the Bronze Age, around 3000 BCE, which also confirms that the science of shamanism appeared well before these drawings. Shamanism is a spiritual practice which uses concentration through meditation. The shaman, often called the village sorcerer, puts himself into such a high state of bodily vibration that he goes into a trance, lying between the human and spirit worlds. He can thus obtain either healing energies, information, or simply happiness. This is also the ancestor of medicine. In American Indian culture, the shaman is very important and in demand as he is recognized as having the ability and knowledge that enable him to achieve, among other things:

- mediation between human beings and the nature spirits contained in everything that lives;
- the transfer of the human soul to other living vessels;
- the healing of sick people by involving their souls, which is clearly the discovery of the tool allowing the opening of a spiritual channel in order to obtain healing energies;
- the creation of the science of natural medicine, through the development of natural medicines and medical treatments;

- communication with divinities, but which in reality is the opening of a spiritual channel in order to obtain information; and
- protection from evil spirits.

The sorcerer or witch of the village, the shaman, despite his great inner strengths, exercised his practices with respect for living beings and he possessed a great ethic. Not only were his services free, but he was rewarded with gifts, especially food, but in addition, since he had the sole purpose of the well-being of others without the need to rise above the people of the village, his cohabitants gave to him voluntarily. Even today, thousands of years later, this tradition is still practised in the sense that people who have spiritual gifts, the evolution of shamans, who put them to the services of their citizens, do not demand any payment; this is left to the discretion of the person being treated. Several of today's sciences come from the legacy of shamans and people with spiritual gifts such as medicine, chiropractics, naturopathy, psychology, etc.

The spiritual discovery of the secret of human beings

Let us stop for a moment to absorb and appreciate this other understanding and spiritual revelation, according to archaeological science that has proved beyond a doubt that humanity knew and already used shamanic science well before 3000 BCE. That is to say that human beings not only had the knowledge but had already developed and mastered in this prehistoric period a science allowing the human body to use its soul and its body in order to open a channel of communication between the human world and the spirit, or astral,

world. This was the beginning of the awareness of universal spirituality involving universal spiritual energy. It is quite unbelievable that these revelations have been forgotten, ignored, and that shamanic science has almost been completely obliterated; that humanity has even forgotten the presence of its inner soul and that even worse, we made it a taboo subject to talk about. One must ask the question, what are the reasons for this mess? Why did people who had the power to appropriate this knowledge, to benefit human beings and thus continue our spiritual evolution, prefer to forget or even erase these facts? I feel that there are two major reasons. The first is that people with cerebral power do not accept change; the second is that those people who came to conquer were in such a cerebral state of stress, having false needs, that they failed to recreate all of the conditions allowing the opening of a spiritual connection and therefore they continued on the path that distanced them spiritually.

Throughout the history of humanity and this, no matter where on earth, it was a very common practice for people of power to want to destroy and erase any traces detrimental to their quest for control of their society, to remove divergence and difference. All over the world, political and religious organizations have destroyed and ransacked thousands of archaeological sites, millions of documents, and even carried out assassinations, etc. Remember the so-called “witch-hunt” period when anyone with known spiritual gifts was killed or burned, which marked the beginning of the disappearance of shamans and human beings wanting to develop spiritual strengths such as their gifts.

For millennia, political, economic, and religious organizations have worked to destroy their cultures, their spiritual teachings, their habitats, their ethics, their environment, and their symbiosis with all beings. These modern-day monsters started killing animals uniquely for their fur or worse, for pure pleasure, like the American bison, wolves, and beavers, and leaving the carcasses rotting on the ground. They almost decimated these populations. What happened in North America has happened to many First Nations around the world; among others, in South America, Africa, Europe, and Asia. The Canadian Prime Minister apologized in 2017 to the First Nations but to this day the representative of the Christian religion, Pope Francis, refuses to apologize.

Not only have the consequences been terrible for the people of the First Nations but they have had a much greater impact on humanity than one might think. They have destroyed the spiritual cultures and their advancements regarding the understanding of the human body and the soul, of its eternal life, of each person's inner strengths to be able to heal and read signs, of our autonomy and freedom in the face of God, and of the spiritual connection that binds each and all. They have stopped the process of spiritual evolution, leaving room for all of these religious organizations that teach non-accountability, full control by their Hebrew God, the judgement of difference, inequality between sexes and people, and the exercise of cerebral prayers that have nothing to do with spirituality. Unfortunately, religions were created as tools in order to obtain power so all they have done is keep us away from ourselves, from our own being, and from the

universal spiritual God, until finally we have almost forgotten that we have a soul within us.

American Indian prayers are short and simple. They are not aimed at material things, goods, or even the meeting of a spouse, but simply good health and a good life. The prayers are short because the American Indians preferred to concentrate and meditate by connecting with universal spiritual energy and nature, rather than being distracted by the cerebral activities of prayer. The American Indians lived in harmony with themselves and all that surrounded them so they had no need to steal others' energy. On the contrary, they showed a great deal of altruism and it was deeply integrated into their daily lives; in fact, their wishes were first and foremost towards others. They deeply believed that the spirits of their ancestors were connected to them, that it was not important to know their identity or their provenance or how it worked. They did not ask all of these cerebral questions because they understood that communication with spirits was more effective when concentrating on the present moment and simply by feeling their presence, their benefits, and their guidance. They told themselves that belief in spirits was directly related to belief in themselves; that if a person did not apply this life truth, then after his death his spirit would roam in an empty and joyless world, until one day someone prayed to save his soul.

This understanding of not seeking to know their identity or their provenance or how it works when one opens a universal spiritual connection is fundamental, because for this to work, the American Indians understood that one had to be cerebrally in the present moment in harmony with oneself, let go and

let the universal energy come into us without using our minds. This is one of the major reasons for failure to open a spiritual connection when a person occupies his or her mind to pray or meditate, but by reviewing or repeating information in his or her head at the same time. This also explains why in this book I prefer to speak of universal spiritual energy or spiritual universality rather than naming a universal God or giving names like archangels or angels or beings of light, because it is not important to know what spirit comes to see you or how it does so. Of course, there are situations where I prefer to appeal directly to a particular spiritual being but do not waste your time calling Jesus or Buddha or the Hebrew God (the Christian or Islamic God) or a pharaoh because I have never felt anything after multiple trials in various times and places, not even in St. Peter's Basilica in Rome, or in a basin in Turkey where Cleopatra bathed, etc. I will teach you in detail how to open a universal spiritual connection later in the book, after explaining how your brain has been poorly programmed.

Spiritual symbols converted into symbols of power

Pictograms on pieces of wood, on rocks, trees and totems, which are totem poles, are the oldest method that ancestral peoples used to communicate and express their ideas, certainly inspired by the pileated woodpecker. A totem may be made from a tree trunk up to twenty meters high or simply a small piece of wood such as an axe, a peace pipe, etc., where the American Indians carved or engraved and painted with vivid colours identifying information, marking or telling the story of a nation, a family, or an individual. The totem is used to display countless bits of information such as the rights on certain territories, family

symbols, their songs, their dances, their deaths, animals such as the eagle, the bear, the wolf, the beaver, the raven, etc. The First Nations sometimes erect totem poles to accommodate important guests at a feast or potlatch. The totems are often topped by an eagle with open wings because this animal is emblematic of the American Indians. It represents the spirituality, the flight, and the freedom of the spirit, often flying towards another living body.

Depending on the period and culture, the totem is made up of either an eagle with open wings or an animal with open arms, or plainly human arms. In all cases these symbols are intended as spiritual messages and welcome messages, welcoming with open arms hence the ancient origin of the expression, “to be welcomed with open arms.” As a result, most totems form a T or cross-shaped symbol that would later be taken up by modern cultures, but by taking care to change their spiritual and welcoming significance to make them mythical symbols of peril, animals, or death like the Christian cross.

Brains have been programmed to be attracted by cerebral rather than spiritual connotations, the best example being the eagle. Among American Indians, it is a spiritual message but for human minds seeking power and fear, it is a symbol of strength and danger; it is mystical because it has piercing vision and its attacks are quick and deadly. Look at all of the countries and organizations that use the symbol of the eagle. Do you really believe that it is a spiritual message? The cultural appropriation of totems by Europeans over the years has created and popularized the false idea that it displays a social

hierarchy, with the chief on top and the commoners below that was completely the opposite among the First Nations.

Scientific facts show that the pileated woodpecker arrived before human beings, that American Indians were present in North America for over 35,000 years and that they lived in harmony with their environment, so they were very observant, respectful, and spiritual. It is therefore easy to conclude that this people can proclaim the spiritual and intellectual ownership of the creation of the totem in the form of a T or cross with either an animal head or an eagle with its wings imitating the shape the cross in its top, expressing life and death and the spirit flying to another life, from their people, which is the ancestor of the Egyptian cross of life, the ankh, also in the form of a cross but having a circle at the top. Too apparent to be only a coincidence, this mythical and mysterious object still provokes debates about its significance to the Catholic cross 2300 years later. To continue the interpretation of the symbols used by the conquering empires, so their symbolic sciences are not in doubt, look at the Roman symbol which put an end to the Egyptian empire that had lasted for more than 3000 years. Curiously, there is never any chance in this science, the symbol they carried over all of their conquests was a golden eagle holding a T in its talons. The eagle, this symbol first created to express a spiritual need representing freedom and the flying human spirit, has become an object of war, power, and cerebral power, all in the image of the religious cross that has nothing to do with original spirituality. On the contrary, their symbol comes from the American Indian totem and the Egyptian

ankh, the cross of life. The Egyptian cross of life was even taken over by a Jewish king, Hezekiah of Judea, as a clay seal, around the year 700 BCE.

Over time, the spiritual understanding and evolutions that were acquired with such difficulty by First Nations peoples in prehistory were taken over, altered, and transformed into tools of cerebral conquests. This was the beginning of the end of spiritual evolution to make way for the cerebral world that created the human gods. The spiritual thoughts in which the human soul reincarnated in an animal body gave way to mysterious and mythical beliefs where human gods, the Egyptian pharaohs, could turn into an animal in a partial or complete way or the opposite. That is to say, that an animal could turn into a human being; this was the beginning of zoanthropy. Zoanthropy only diverted a pure and true spiritual understanding, of an eternal soul living in a human body but capable of being incarnated, into mythical cerebral beliefs. This change in humanity's direction between a spiritual understanding and a false belief in zoanthropy has had and continues to have tragic consequences for human beings because it marked the beginning of making people forget that we have an eternal soul within us but now our only chance is to pray to the gods, without the possibility of continuing our spiritual quest in order to find our inner strengths and tools to be equal and independent. It was the beginning of the era of magical cerebral thoughts, of the removal of our spiritual independence, of our disempowerment, and the beginning of the process of distancing our lives from the creator. You will see in the next chapters that this spiritual distancing will increase with the advent of the eras of political, religious, economic, and psychological power.

My mind tells me:

The American Indian people are an example, they have always lived in harmony with their spirituality, their shamans, their souls and the spirits surrounding them, healing by plants, by treatments, or by energy. Shamans never sought glory or claimed that they were deified and chosen by God. They never tried to impress and make political capital or the wars of power; for them to have inner strengths was natural and human, and they had no magical thought. Our ancestors are older than Abraham, Moses, the Pharaohs, the Romans, the Jews. Despite their spiritual gifts, they never desired to conquer the world nor have any pleasure in killing an animal or any living being, nor desired the goods of others, etc. They did not have these false cerebral needs because they lived in harmony with their spirits, they were all connected to each other and they respected all living beings. In their minds, they were all equal; there was a leader, but decisions were made by the tribal council. The American Indians did not need to destroy everything, to conquer everything, to use slavery, to play the human god or to build pyramids. Even if the conditions were very difficult, such as winters that fell to -35° Celsius, and they had to fight every day to survive, they did not play the victim and did not pray to be saved or to obtain material things or to be chosen by their god. They were independent in every way, even with themselves, so there was no need to steal the energy of others. They looked for their own food, they built their own homes. Today, even though their culture has been almost completely destroyed by human cerebral madness and by men of power with false needs for conquests, the American Indians do not express their

sorrows and wounds through anger or hatred and they do not threaten to destroy the planet. The simple reason for this is that they have preserved their spiritual genes and they know that violence and hatred do not solve anything. They know happiness lies in the present and not in projecting themselves into either an unfair past or a conditional future promising paradise.

We must learn to live in the present moment, as taught by the First Nations, to consume without waste and with respect for life, to respect an ethic of life towards ourselves and all living beings, that we are part of a whole, all connected in symbiosis. The American Indians prayed for others first, but especially not to obtain material.

When the Europeans arrived with Jacques Cartier in 1534, the American Indians greeted them on their ancestral lands and even saved them because the new inhabitants were not dressed or prepared to survive the extreme winter conditions. The First Nations were far from suspecting that their protégés would bring with them not only diseases, among others venereal diseases, but that they had cerebral needs for material conquests, among other things beaver pelts and territory, and that they had come to impose their cultures but above all their religion, armed with a cross. This wonderful Catholic religion of love represented by golden objects, in the name of their Hebrew God, had come to convert the savages since their religious representatives were telling their cerebral truth that there was nothing spiritual. Rather than studying spiritual understanding and their cultures, in order to improve their religion and thus help all human beings, these

representatives of their God imposed themselves without any possibility of exchange and sharing.

Spiritual message:

No need to live in isolation, to be constantly in nature, or to meditate over long periods to be able to live in harmony with yourself and others. All you need is to regain your cerebral freedom, then to master the knowledge and meditation techniques taught in this book in order to be able to open spiritual connections and thus connect with the universal spiritual energy that will bring you inner peace, awakening, and healing.

4. Political conquests

A word of caution, the goal here is not to make you an historian nor to launch an endless discussion to know which religions or beliefs hold the pure truth. Also, the comments and messages mentioned throughout the texts have the sole purpose of helping you to form your opinion and if possible, to develop your reasoning reflexes concerning the large amount of information circulating around you. Therefore, we do not think or say that the characters mentioned in religious books and thought did not exist, but that many of these messages and narratives come from the cerebral and were in fact impacted by the human process of cerebralization.

We will address the period when the power of political conquests emerges after the era of prehistoric spiritual legacies passed down by the First Nations. We must tell you about this period of the past, not to make you into an historian or convert you to one of the religions, but to allow you to understand and form your own opinion on all of the difficulties, constraints, and cerebral obstacles of this past. The hope is that this exercise will allow you to become aware that something is wrong, that society has consciously been leading us for the past five thousand years in the wrong spiritual direction by erasing and altering the teachings of the First Nations peoples to make them propaganda tools for the unworthy purpose of controlling humanity. In order to enrich themselves over time, these imperialistic empires stole the energies of human beings, but always taking care to further remove human beings from their spirituality and worse, by insulating them from each other. Humanity is standing still spiritually; human

beings have felt lonely, empty inside, and even angry for thousands of years, because we have lost our spiritual independence and our cerebral freedom. From this time on, we have had to live according to the teachings and beliefs conveyed by all of these magical thoughts that promote the concept that human beings are not independent, that happiness is not in the present, but in some conditional future, and that our only tool is cerebral prayer.

Before I begin, I want to say that we are all children of one god or gods, that the number of gods is not important, that there are no chosen or deified people since we are all equal, brothers and sisters, without exception. That universal energy spirituality is free, without artifice, without magical thought, violence, or human law; that it is love, understanding, and ethics.

After the prehistoric universal spiritual heritage from the First Nations throughout the world, the era of political conquests contributed to the creation of more than ten thousand different religions, most of them in an effort to nourish false cerebral needs. Depending on the time period, each of the cerebral and mythical beliefs provoked the creation of other religions and accentuated the spiritual distancing. Therefore, it is very unhealthy to pretend that we know the pure truth, basing this only on a brief period of time and taking this image of time to make it our main rule of life without the possibility of updating and evolution.

Over the past four or five thousand years at different times, as in prehistory, sages came and tried so hard to help human beings in order to redirect them in the right spiritual direction. Despite their high level of

consciousness and their inner strengths, they all turned to their minds programmed to the local flavour and to those of others, but above all there was no longer the harmonious environment of nature, as was the case for the First Nations. That is to say, their minds had been programmed to the flavour of myths, magical thoughts, and local beliefs. In addition, they had undergone the emotional cerebral states of the people in their immediate surroundings.

The finding of failure is catastrophic; not only is each person's level of consciousness low, there is no period of individual awakening, but worse, we are divided and isolated. We cannot love each other. Therefore, humanity stands still spiritually and unfortunately, the consequences of the cerebralization process that arose after prehistory have altered the teachings of the sages and by this fact, have even altered the pure truth and provoked billions of victims so far. It is obvious that modern and imperialistic societies have led humanity in the wrong direction and that the solution is not to create other religions nor to persist in knowing which of the gods is the strongest. We are still increasingly moving away from true spirituality rather than from cerebral truth, by promoting magical and spectacular thoughts and beliefs, by removing responsibility and all independence, by conveying that happiness is not in the present, but in a conditional future, and that our only tool is cerebral prayer.

Certain people or organizations began wanting more and dreaming of material conquests and political power, such as land, towns and villages, gold, precious gems, spices, sexuality, religions, etc.

From all of these periods of violence and conquests have come tools even more powerful than weapons and armies; I am talking about the major religions that are still practiced nowadays. In order of appearance, Judaism (around 1200 BCE), Christianity (around the year 1 CE) and Islam (610 CE). At a very high level, it can be argued that these religions were originally influenced or inspired mainly by two streams of thought. Hinduism (5000 BCE) has its own origin, but later a branch of it was created, this being Buddhism. Then there was the period of the Egyptian Empire stretching over 3000 years which trampled and attempted to destroy the world of the Middle East, among others Israel, which had as a consequence, by reaction to the slavery and the Egyptian atrocities, the creation of a beginning of three new religions through a larger-than-life Hebrew character, Abraham, who would have been born around the year 1300 BCE, in the land of Canaan in the region southeast of the Mediterranean Sea. Abraham is considered to be the father of the Hebrew people who are at the origin of the Jewish, Christian, and Islamic religions. We call these people Jewish, based on their religion, which is Judaism.

Hinduism is not considered a religion as it has no founder. Rather, it was a philosophy of life covering all sciences such as law, politics, architecture, astronomy, philosophy, and medicine. I say, "it was," because many things were changed by force, during the Islamic and colonial invasions coming from Europe.

Buddhism, even if it is considered a religion, is also a philosophy of life. Its founder is Siddhartha Gautama who is of Indian origin, hence its Hindu roots. We will talk later about this religion.

Before we talk about the three other religions that continue to impact the entire world, we absolutely must take a break and talk about what “cerebral” means. This will allow you to better understand the evolution of religions and beliefs and their catastrophic consequences on humanity that has endured for millennia.

To cerebralize

To cerebralize is the process of cerebralization; useless to seek the meaning of this term in dictionaries, because they will not provide you the exact definition of this cerebral phenomenon. I thought long and hard before I was able to find the perfect term describing this cerebral phenomenon, which is the main cause of wars and disputes, misunderstandings, intercultural miscommunication, and human spiritual immobilism, because they give the wrong information by changing the pure truth. As a result, humans beings have been led in the wrong direction for the last five millennia. It can also be a perfect tool for organizations or individuals seeking power. The process of cerebralization is a cerebral phenomenon, in the conscious or the unconscious mind, which consists of modifying, altering, exaggerating, embellishing, making ugly, demonizing, militarizing, politicizing, or making fantastic or divine, an information, a truth, or the reciting of an event that happened in the past. According to the emotional cerebral needs and the person’s cerebral state, he or she might obtain the artificial ephemeral benefits of compensation, or psychological, economic, religious, and political powers. For example, if a person is in a very emotional cerebral state and wants to attract attention or become a centre of interest, he or

she can simulate false news, knowing the strong reaction that it will provoke. The cerebration process has been extensively used to allow certain religions, organizations, societies, and conquerors to spread and conquer, for example, by altering narratives to make them more spectacular, divine, and miraculous or on the contrary, by demonizing them to scare people. The process of cerebralization, consciously or not, has had disastrous consequences on the evolution of humanity since it has deluded human beings through the centuries and led them in directions contrary to the teachings of the sages.

I firmly believe that the intentions of the sages who had access to spiritual awakening were not to create new religions or tools for cerebral powers, but rather to teach the truth in order to allow people to be happier, independent, and able to live in harmony with ourselves and other beings. Consider carefully, if you were a god or a being living in the astral world, your message would surely not be a message of hatred, fear, division, isolation, judgement, militaristic directives, laws, or obligation to submit and pray on your behalf. On the contrary, your message would be accompanied by love, peace, understanding, help, healing, companionship in order to allow for evolution, autonomy, independence, awakening, an enlightenment showing pure truth, and an ethic towards yourself and all other beings with respect for each, as taught by the First Nations people in prehistory.

It is not too late for humanity; the society of power has perhaps played in your head for all of these years, but you still have your body and your inner

strengths allowing you to take control of your thoughts and your life, and to develop your spiritual independence.

Ancient Egypt: Society with political powers

Now, let us return to the appearance of political power, about five thousand years ago, after the spiritual prehistory of the First Nations, when an imperialistic society with cerebral power appeared in Egypt, around the year 3000 BCE.

It is clear that the Egyptians were largely inspired by the teachings and symbols of First Nations peoples living in Europe, America, and Asia, but their goals were political power and wealth. They erased all traces of spirituality so as to cerebralize all of the information and make them tools of cerebral propaganda, myths and mythical objects, and magical thoughts. This was the beginning of the spiritual slumber of human consciousness and the cessation of human spiritual evolution, making way for the new human gods, half-man half-animal, the Egyptian pharaohs. The pharaohs replaced the spiritual science of the shamans in order to appropriate the power of being the only ones to communicate with their gods, since they were also gods. It was the end of the spiritual and loving gods connected directly in every human being, through our souls, to human freedom and spiritual independence, and the beginning of the belief of the cerebral gods that became inaccessible, threatening, controlling, angry, autocratic, military, unjust, and that looked at human beings as slaves. Unfortunately, this new direction humanity was taking would become increasingly distant from our spiritual roots and you will see as you read, it would not improve.

On the contrary, this new stream of thought would be encouraged and amplified by the construction of cerebral pyramids of powers and the creation of new tools of propaganda, the new religions based on a violent God without love having only the Hebrews as a chosen people, moving us further away from our spiritual inheritance.

The ancient Egyptian Empire flourished from the years 3100 – 30 BCE. Their religion believed in the existence of several gods just like other peoples occupying the ancient Mediterranean region, until these beliefs were banned from the 4th century CE by the Christian Roman emperors.

During Pharaonic Egypt's three thousand-year history, religion, very present in the life of the Egyptians, evolved little, the term "pharaoh" referring to the kings of ancient Egypt. During this period there were 345 pharaohs confirmed by several sources such as the royal lists compiled by the Egyptian scribes. Contrary to the belief of the First Nations where the human spirit incarnates in an animal after the death of his body, the Egyptian politicians eager for power cerebralized these basic spiritual beliefs to be able to make symbols of power, propaganda, and fears, creating the new human gods, the pharaohs, who could transform their bodies partially or wholly into an animal or vice versa. This was the beginning of the therianthropic and zoanthropic religions.

The Egyptians were above all economists and politicians. Their pharaohs were used to create fear, unconditional adoration from their people, and a powerful symbol for trade; only the pharaoh was allowed to trade with the

neighbouring nations. The Egyptians built their empire and wealth, among other things, by trading and signing agreements with neighbouring nations; for example, the pharaoh signed an agreement with the Hittite people who were extremely powerful in that period. In fact, the Hittites lived mainly in Anatolia, ancient Turkey, from about the year 2000 BCE. Around the year 1700 BCE, the Kings of Hatti built one of the most powerful kingdoms in the Middle East, even conquering most of Syria. I am talking about this people because they were the first to use the symbol of the two-headed eagle, later taken up by certain countries such as Russia, by chance!! The Hittite people's use of the symbol of the two-headed eagle has been confirmed during archaeological digs.

The Egyptians built their empire through their trade, their taxes, their conquests, the exploitation of mines, and especially the exploitation of slaves. Their need for slaves increased with their ambitions just as the construction of the pyramids grew. I know that the pyramids have obsessed people with their magical myths and mysteries for centuries, but I will not speak of them here, for they have no spiritual value since they were created by the symbol of power and human divinity.

The fact that the Middle East, which was at that time called the Hebrew nations, was Egypt's neighbour meant that they were all victims of the atrocities of the Egyptian pharaohs, but the country of Israel, being an immediate neighbour, was targeted more and even more when there was a period of famine. They were the perfect target to become a very cheap labour force, so the Egyptians took advantage of them without scruples, creating a wave of anger,

hatred, and unprecedented violence for which the rest of the world still pays the price. I do not know why, but it is clear that Egypt had an unconditional hatred for Israel, that they tried everything to erase this people from the map. In this regard, the earliest documentary source on the Israelites outside of the Bible is the Merneptah stele, which dates back to around the year 1210 BCE. It was discovered in 1896 in the south of modern-day Israel. On this stele, the pharaoh Merneptah proclaims: "Israel is laid waste and its seed is no more."

One of the most well-known pharaohs is Tutankhamun, who was born c. 1345 BCE and died c. 1327 BCE. He was the eleventh pharaoh of the 18th dynasty. According to the latest genetic studies, he was the son of Akhenaten and the latter's own sister; this fact was confirmed during DNA analysis conducted in 2010. He is famous thanks to the fabulous treasure that was found in his tomb in the Valley of the Kings and in addition, because of a legend taken back by the press of the time reporting that there was a curse on the pharaoh's tomb. This legend was amplified by the fact that this pharaoh lived only about eighteen years and that in addition, the Egyptians had been going through a period of questioning regarding their religion, upheavals of traditional values, and the risk of war with the Hittites.

Tutankhamun's name means "living image of Amun," i.e. the earthly reincarnation of God. Also, if you look at his name you will find the word "ankh," which is one of the symbols of the goddess Isis among the Egyptians and Mary, the mother of Jesus, among the Christians. The ankh, Egyptian cross, or cross of life is the Egyptian symbol representing the word "life" and is an attribute of the

Egyptian gods, holding it by the loop. Still today the ankh is a mythical and magical object for which many scientists have tried to explain the meaning on the cerebral level. As usual, the human mind is unable to resist the temptation to associate ancient objects with magical, mysterious, and mythical meanings in order to nourish the false cerebral needs, because it has been programmed to think like that.

The Egyptian Empire ended in the year 30 BCE, triggered by the invasion and victory of the new empire, the Roman people. There was no mass colonization of Egypt by the Romans as they adopted certain aspects of their culture such as the goddess Isis and many other religious symbols; the Romans even took up the legendary symbol of the region to make it their symbol of war. Remember that the Egyptians were wealthy and power-hungry politicians, so I believe they did not disappear; they simply changed sides and took advantage of the Romans' human sciences.

I believe that thanks to the teachings of the Egyptians, the Romans quickly understood the economic and psychological benefits of creating a new religion which was more powerful and less costly than all of their armies, inspired by the streams of thought of this period.

My mind tells me:

A little question: Why did the Egyptians have so many animals as symbols, where did they take the inspiration for all of these furry creatures? The answer is simple, the Egyptians appropriated the spiritual symbols from the First Nations of Northern Europe, Asia, and perhaps even the American Indians. This would explain the provenance of their Egyptian symbols, among others the ankh, the Egyptian cross which is obviously a miniaturized copy of the American Indian totem pole, as well as their obsession with the eagle, which was originally a spiritual symbol, but which their cerebral preferred to make into an object of propaganda of war and power. The symbol of the eagle would later be taken up by the Romans, certain Arab countries like the Hittite people who were the creators of the symbol of the two-headed eagle, having existed from the year 2000 BCE and for which one of their kings built one of the most powerful kingdoms of the Middle East, dominating Turkey to around the year 1200 BCE, and the Asian peoples. Curiously, Russia has taken over the symbol of the two-headed eagle and the United States of America has made it its imperialistic symbol. Coincidence? You do not find that the rose of England resembles the ankh? Look closely: the stem for the body, the petals for the wings or arms, and finally the flower part representing the circular ring, the head of the eagle. Are you still skeptical? Well, were there wolves and bears in Egypt in the year 2000 BCE? 4000 years ago, was it not too hot to accommodate long-haired animals in Egypt?

Spiritual message:

When a person has a false emotional need to rise psychologically above others, for example the pharaohs who believed themselves to be human gods, his or her level of consciousness unfortunately becomes so low that the cerebral state constantly lives in an imaginary world, making the universal spiritual connection impossible.

The continuity of the Egyptian heritage

The Hebrew people living in the Middle East, in particular the Jewish people, have existed for more than three thousand years; it seems they are definitely an intelligent people cerebrally, with great knowledge and skills in trade, economy, and politics. These warm lands were among the first regions to be populated and civilized; moreover, their location was strategic, because it was in some ways the intersection between the African continent, Europe, and Asia. The Jews are members of a people linked to their own religion, Judaism, and in the broad sense of the term to an ethnic and religious affiliation. Judaism is the story of the people of Israel that spans more than three thousand years, that is from 1200 BCE to the present day. According to Jewish tradition, its roots go back to the characters of Abraham, Isaac, and Jacob, also called Israel.

From the year 700 BCE on, Egypt welcomed many Hebrew refugees, including the Jews, when King Jehoiakim rebelled against the Kingdom of Babylon and triggered famine among his people. During archaeological excavations carried out in Israel, a clay seal dating from the year 700 BCE was found of a Jewish king of Judea, Hezekiah, bearing the symbol of the Egyptian

cross of life, the ankh. This seal is the confirmation of Egypt's influence on the political, cultural, and religious level.

Abraham and the Hebrew people

Abraham and his myths are the direct consequences of the political conquest of these regions by the Egyptians and subsequently the Romans and their stream of thought of inaccessible gods, dictators, and the military. Unfortunately, the passage of the Egyptian Empire enslaved many human beings in these areas, among others the Hebrew people including the Jews, provoking many feelings of anger, injustice, and hatred. Therefore, you will see that the writings surrounding the creation of the character of Abraham and the other characters who followed, such as Moses, are a reaction in opposition to the passage of the Egyptians. Regrettably, the Jewish, Christian, and Islamic religions have used these characters to propagate these beliefs, in reaction against the Egyptian and Roman cultures, and by the same effect they have helped to increase their feelings of anger and injustice.

Abraham was born around the year 1200 BCE in the land of Canaan, a region of the Middle East, which today would correspond to the territories forming the State of Israel, near the Mediterranean Sea.

Abraham and his family lived as nomads and according to belief, he was one of the first to proclaim the existence of one God, probably in retaliation against the Egyptians, the Greeks, and the Romans who believed in several gods. According to the writings, the god of Abraham would have promised him

the land of Canaan, which is now called Israel, and that the Hebrew people would be chosen to pursue the mission of their ancestors. Direct consequence of the passage of the Egyptians creating a sense of injustice and the need to be saved and chosen by their new God of Abraham.

The Hebrew Bible proclaims that Abraham was great because he stood up to his father in the name of his God. I do not think they realize that this kind of assertion breaks the important relationship between a father and his son. This portion of Abraham's story marks the beginning of the political message, that it is more important to believe in his God than to respect the lives of other living beings. Abraham was the husband of Sarah, known for her beauty, which attracted the attention of the pharaoh, who tried to abuse her; it was then that the Hebrew God intervened and paralyzed the latter. Another political message lurking behind this narrative proposes that when you believe in your God and you are the chosen one, the God of Abraham will protect you and intervene physically to punish the human beings who are against you and therefore against your beliefs. The pharaoh then proposed to Sarah that he take one of her many maids. She accepted and chose the one who had a status superior to all of the others, Hagar. Yet another cerebral political message; since Hagar would become Abraham's future wife, her profile must not have been that of a mere servant, hence the need to specify that she had a higher status, in the same line of messages of the elite group, the elect of their God. Abraham, following the advice of Sarah who was sterile, then married Hagar who gave him a son, Ishmael, his first child. The purpose of this message is to protect the moral image

of Abraham, by saying that it was his wife Sarah who advised him to take another woman for his wife and that besides, she was sterile, so he was a good husband, but was she really infertile? But as usual, their stories contradict each other, for she would later bear his son. Eventually, Sarah chased Hagar and her son, Ishmael, away. They roamed the desert and would have died of thirst if the archangel Gabriel had not intervened. This was the beginning of the end for Sarah, as these writings suggest that she was a bad person in order to later justify her assassination by the Hebrew God. Take note that the character who was sent by their God was the archangel Gabriel. He appears often in the narratives of the Old Testament and he is also the being who would force Muhammad to create Islam and the Quran later, around the year 600 CE, more than 1800 years after the passage of Abraham.

One of the stories that made Abraham bigger than life is the story in which his God asked him to sacrifice his first son, as proof of his loyalty and love for him. The person who wrote this text surely did not realise that a god knows everything, thus he has no need to validate the loyalty of all. The story says that when Abraham was prepared to act, holding his son with one hand and a knife with the other, the archangel Gabriel again appeared to him and prevented him from killing his son. Depending on where we read them, the narratives differ as is the case in all ancestral histories involving cerebralization. One source mentions Isaac, the son he would later have with his wife Sarah and according to other sources, we read the name of Ishmael.

The Hanafis are, on the other hand, more explicit about this story: Three angels, in the form of men, announced to Abraham the birth of Sarah's son (Isaac), despite their old age and the sterility of his wife who was also menopausal. According to Tabari, these were the three archangels Gabriel, Michael, and Raphael. The angels also let him know that they were sent by God to destroy the people of his nephew, Lot, but that he and his family would be saved, except for his wife Sarah who was one of the damned. Many political messages are contained in this last narrative; the God of Abraham does not seem to have an ethical problem, asking Abraham to sacrifice his own son to prove his loyalty. Secondly, this God does not seem to know the truth about Abraham nor is he able to deduct it, hence the need to test it. Thirdly, their God once again does not seem to have an ethical problem in judging, condemning, or intervening in the lives of human beings and even having anyone who gets in his way assassinated. Fourthly, Abraham is an exemplary being and a good believer, accepting that his God kill his first wife, his own child, his nephew, and many other people without expressing any disagreement. Take note that all of the tales of Abraham have been taken over by the three major religions: Judaism, Christianity, and Islam.

Returning to the story of Abraham, Jacob and his children were forced to leave Canaan for Egypt because of famine. Their descendants were enslaved there.

An important religion for Islam, which is quoted in the Quran, is Hanafism which was created following the passage of the life of Abraham and which takes

on important fundamental messages, among other things that there is only one God and one truth, that we must reject any intermediary between man and his creator, therefore, reject any idol, any sacred object; this is neither Jewish nor Christian. Take note that Muhammad, having lived almost two thousand years later, is the founding character of the Islamic religion, but that he was Hanafi until the age of forty.

Moses

Some time later, still in the history of the stories of the Jewish people, comes another important figure, Moses. He appears to be the first prophet of Judaism, but also an important figure for Christianity and Islam. Unfortunately, contemporary researchers are unable to prove his authenticity or even the period in which he would have lived. This character is once again connected to the regimes of slavery of the Jews imposed by the passage of the Egyptian Empire. Here is a summary of his story:

As the pharaoh had decided to have all of the male Hebrew children murdered, his daughter discovered a baby floating adrift in a wicker basket. This was Moses, and the princess adopted him. When Moses was forty years old, he saw the misery of his native people and killed an Egyptian foreman who was beating a Hebrew. Moses had to flee to the desert to escape the vengeance of the Egyptians, where he met his wife and became a shepherd. At the age of eighty, his God revealed himself to him, through an angel sent by him who explained to him that he was chosen by his God, that he would save the people of Israel with his help and that he

would bring them all out of Egypt to the promised land, the land of Canaan. His God confirmed that he was Hebrew and that he was in the line of Abraham, Isaac, and Jacob.

Moses bent to the task with the help of his Hebrew God. It was then that the psychological battle began against the pharaoh and Egypt suffered the wrath of the Jewish God with the ten plagues, which were named the ten wounds of Egypt, all magical and fantastic, for example the waters of the Nile which turned to blood. The pharaoh decided to let the Jewish slaves go, so their God parted the Red Sea in order to let his people pass, immediately closing it on the Egyptian army which was trying to catch them. Eventually Moses led his people to the foot of Mount Sinai, where he left them for several days to go to the summit. It was then that his God gave him the tablets of the laws. During this time, the people built an idol in the form of a golden calf and when Moses saw all of this, he was taken with such anger that he smashed the tables of laws on a rock and ordered the massacre of the three thousand people worshipping the golden calf. The narrative mentions that Moses had to return to the top of Mount Sinai in order to obtain new tablets. Moses died at the age of one hundred and twenty. Once again, the story of Moses is an important part of Judaism (the Hebrew Bible and the Jewish Torah), Christianity (the old Testament in the Bible), and Islam (the verses of the Quran). In my opinion, the most important political message behind this narrative is that this God is a military God who commands, who demands from his children

that they follow his law to the letter from whence come the Ten Commandments, otherwise he will not hesitate to murder all of the living beings who do not comply with his laws.

My mind tells me:

The stories in the Old Testament telling of divine intervention to punish human beings are numerous, such as the story of Noah and the flood, the destruction of the cities of Sodom and Gomorrah, etc. We count in total that the Hebrew God murdered several million people. This Hebrew God and this political message were created in response to all that the Egyptian people made the Hebrew people endure, so much injustice, sacrifice, and human tragedies. This image of God expresses the anger and hatred that this persecuted people endured for centuries and even several millennia. It is quite normal that these people wanted to forget and destroy any culture and belief related to the Egyptian people, including the perfect example of the golden calf which is the powerful symbol of Egypt with its myths of venerated sacred animals and this cursed material which is gold, the object of lust of the Egyptians who provoked all of these human tragedies. Unfortunately, certain people in power wanted to take advantage of all of these hatreds and angers, so they created new religions to exploit this shameful past of the history of humanity. We will see later in the book the impacts of these new religions of laws, some of which have produced victimization ways of thinking such that they are still waiting for a saviour. Some have created economic wealth and a Roman Empire, and others have created an

army fighting against the image of the invaders and exploiting the culture of hatred, anger, and intolerance.

I believe and feel that in all of these cerebralized narratives, however, there was someone who had periods of awakening. For example, their God prevented Abraham from sacrificing his son, so it was a message that it is pointless to sacrifice any living being. Another message was that the relationship with God must be without any intermediary, object, or book.

Spiritual message:

Do not pose any unethical act, to yourself or to any living being, such as animal or human sacrifices, killings, rebukes, invasions, violence, or conquests in order to honour me or claim to act on my behalf, for I am the only truth, the only word, and the only judge. Therefore, I do not need any intermediary since all of my children, all equally, can communicate directly with me.

It is normal that all children seek to know the truth, that they look with a contrary eye at the beliefs and teachings from the past and especially that they are interested in new things, that they have an innate need to go in search of new cultures, new places, and that they want to integrate with new multicultural societies, because they came for this reason. This is a part of their evolutionary genes and those of humanity, so it is in no way a sign of disobedience towards the elders and their parents; therefore, the most beautiful proof of love is to leave them free as I am doing for you all and especially not to hold them imprisoned in a clock stopped by false needs of fear and power. Let the children come to me.

The Roman people

The Egyptian Empire ended in the year 30 BCE, triggered by the invasion and victory of the new empire, the Roman people. There was no mass colonization of Egypt by the Romans as they adopted certain aspects of their culture such as the goddess Isis and many other religious symbols; the Romans even took up the legendary symbol of the region to make it their symbol of war.

Remember that the Egyptians were wealthy politicians who were accustomed to signing agreements with certain neighbouring nations, so it seems obvious to me that there were secret agreements and some complicity between the elect who held the power of these two peoples. My feelings are amplified by the fact that there was no wild colonization. It is obvious that the thinkers of the pharaonic tools did not disappear, they simply changed sides; for this reason, I believe that the Egyptians politicized the Romans, that they taught them the principles of the pyramid of powers and their economic benefits. This is because basically, the Romans were only interested in material conquests, which explains the later change in the Romans' approach that intensified with time towards strategies of conquests using political, religious, and psychological power in order to rapidly increase their wealth and power, without the need to wage costly physical warfare. The ultimate proof of what I am proposing is that the Romans continued the attempts to destroy the Jewish people begun by the Egyptians.

The Roman people, thus their Roman religion which was the religion of ancient Rome, were material conquerors, which explains that they left a certain

freedom to the conquered nations including the practice of their religions. This explains why the Jews were able to continue to practice Judaism.

Ancient Rome was at the same time the city of Rome and the state it founded in antiquity, in the 7th century BCE. The Romans dominated the whole of the Mediterranean world, the Hebrew nations thus the Middle East, and western Europe by military conquest and by the assimilation of the local elites. Their domination left important archaeological traces and numerous literary testimonies. The Romans, even if their army has long been destroyed, continue to shape and impact the modern world with the Christian religion they managed to impose on the face of the world.

The ancient Roman religion was a polytheistic religion like that of the Egyptians, meaning that it had several gods. The Roman religion was not concerned with life in the hereafter; many Romans felt a lack in it, hence the increasing success of the deities promising another life after death, as the Romans came into contact with other peoples, such as the Greeks.

In the 1st century CE, the character of Jesus began to spread into the Roman Empire. The idea of a single God and one incarnation seduced the Roman soldiers and young people who liked among others the mystery religions since in addition to being mysterious, it taught the resurrection of the body and happiness after death. This is quite understandable when you are a soldier with a very short life expectancy or you have had very difficult life; it is reassuring to think that you will have a second chance. Finally, the plagues of the first

centuries led to a vast movement of spiritual revitalization, or I should say cerebral thoughts. The Roman intellectuals leapt at the occasion and created the new religion Christianity, their new religious tool, taking great care to recover some of the messages of Jesus, but especially to hold onto the concepts of the Hebrew God and many stories and beliefs related to the Hebrew people, including all that surrounded the nations of the Middle East such as the character of Abraham and the writings of Genesis and the Hebrew Bible, question of rallying as many people as possible.

The first Jewish-Roman war which took place between 66 - 73 CE, sometimes called the Great Revolt, was the first of three revolts by the Jews from the province of Judea against the Roman Empire, as narrated mainly by Flavius Josephus. It began in the year 66, following the increasing religious tensions between Greeks and Jews. It ended when Titus' Roman legions besieged, pillaged, then destroyed Jerusalem and the Temple of Herod in 70 CE. The Revolt of Bar Kokhba (132 –135 CE) was the second and last war between the Jews and the Romans in Judea and the Romans won this war. This led to the fact that Christians remained predominant and that pagans, non-Jewish peoples who practised a polytheistic religion of multiple gods, converted directly to Christianity, without going through Judaism for religious, social, and political reasons.

In the year 312, the Roman emperor, Constantine the Great, converted to Christianity and made it an official religion. In 379 Emperor Theodosius I made Christianity the sole authorized religion of the Empire. The cults of the ancient

Roman religion were then banned in Rome in 391 and throughout the Empire the following year. The Roman civilization, partly influenced by the Greeks, had a lasting influence on the conquered regions. From the 3rd century onwards, the Roman world suffered the great invasions of the barbarians from Northern Europe and Asia. After the separation between east and west in 395, new invasions put an end to the western empire in 476.

The beginning of the fracture of the Earth

These events in which the Romans won the battle against the Hebrew people, the Jews, thus Christianity against Judaism, is very important in the history of humanity, for I deeply believe that it was at this precise moment that the Earth fractured into three pieces and that the lava of hatred and anger continues to gush even today, causing millions of deaths. By this conquest, the Romans may have increased the presence of their religious tool, thus obtaining more money and attracting to their ranks the Gentiles, non-Jewish people living in the Middle East, and the Greeks, but this triggered a process that is destroying the planet. After three thousand years of Egyptian efforts to destroy the Jews, it was then the Romans' turn to continue the attempts to destroy their religion, and it was too much for the people of the Middle East. In the minds of the Arab Jews of the East, Judaism was too weak and would not be able to stop the Romans and their religious tool which was Christianity, so their Jewish intellectuals began to devise a tool of war that could face this new scourge. That is when Islam was born. Around the year 600, the thinkers of the east created the perfect tool that would be able to face all of these unscrupulous conquering peoples, but

especially stop the Roman people and their propaganda tool religion, Christianity. That is when they created the Islamic religion, inspired by the same process that was used to create Christianity. The main purpose of this new religion was to create a cerebral army in order to block any attempt to infiltrate other religions and invade other peoples; it was in the image of all that the Hebrews felt for millennia, this being anger, hatred, and isolation.

The Roman Empire, like any other organization built on false cerebral needs, provoked internal and external wars. Therefore, at the end of the 5th century, it began its decline and split into five distinct kingdoms: Hispania, Gaul, Brittany, North Africa, and Italy. Thereafter, the Ottoman Empire, which was made up of Islamic Arabs, took back Syria and Egypt. This medieval and Christian empire, called the "Byzantine Empire," was the last evolutionary step, without interruption in the imperialistic power and administration of the Roman Empire. Today, this Roman Empire still exists, but it operates differently; territorial conquests have made way for political, religious, economic, and psychological pyramids. The imperialistic eagle, the supreme cerebral symbol of power and the supreme being, which is the continuity of the Egyptian zoanthropic eagle having originated from the spiritual eagle of the First Nations, would later return to destroy those origins without decency, but this time, armed with a Christian cross, symbol also having its origins in the First Nations' totem and thereafter in the ankh.

My mind tells me:

Like any badly programmed cerebral need, along the way, in a desire to always have more, since this type of energy is not sustainable, they had to realize that in addition to economic power there were other forms of power, such as psychological, political, and religious, and that through time they lingered on these powers and they soon realized that they could not only make even more money, but become very powerful and control the world by the absolute conquest of cerebral power, which marked the beginning of the era of human conquests.

I believe that thanks to the teachings of the Egyptians, the Romans quickly understood the economic and psychological benefits of creating a new religion more powerful and less costly than all of their armies, inspired by the streams of thought of this period. The rising figure of the character of Jesus with his teachings of one human incarnation, of one God, the God of the Hebrews, was gaining popularity among soldiers and young people so the creation of the Christian religion was a good opportunity for the Romans, who were also irritated by all of these religious squabbles that had persisted in the Hebrew nations for centuries. In the next chapter, you will see how the Romans used this to create this new tool of conquest which was the religion of Christianity.

Spiritual message:

These events of invasions and wars between these different cultures, motivated by the false needs of material conquests and powers in order to overcome a lack of spiritual love are much more important than we believe, because they marked the beginning of the fracturing of the Earth, between the western world and the eastern world. The growing rise in feelings of hatred and anger between these two worlds, the association of Christianity for the west and the creation of Islam to confront it is only one pretext among many to nurture these false needs of hatred, anger, and fear to be satisfied.

Remember that power creates false needs for power in victims, that religions engender other religions, that anger generates anger, etc

5. Religious conquests

This section has the sole purpose of making you realize that there has been a rupture in time, from the era of material and political conquests, with the need for emotional compensation only increasing exponentially. Certain people and organizations began to think that there was more than the power to conquer wealth and politics, that there was also religious, economic, and psychological power, that they would make even more money, but especially that they could become even more powerful if they conquered the human mind. It was then that they developed all sorts of stratagems to be able to play in the heads of people in order to obtain their total supremacy, and religious weapons were born.

Imperialistic power

The era of material and political conquests being completely fulfilled, this was becoming increasingly insufficient for people of power, because a human mind that feeds on the energy of others can never be satisfied, as this type of energy is not a lasting nourishment. It is the same thing for us, our minds have been trained to constantly desire things without filling us so then once the object is obtained, we quickly leave it aside and we go back to conquer another desire and so on. This wheel of endless desire is driven by your mind and tell yourself that it is the same for others, but even more extreme for the pursuers of power.

These pursuers of power, being very cerebral, do not know other forms of intelligence. They only pursue the chain of power, because as you will recall, power engenders the need for power in the victims, so they were also victims of the cerebral programming of their own society. In those times, there was no

technology nor means to write lasting documents, so for millennia, the knowledge of the sages was taught and transported by word-of-mouth and unfortunately, as for information written on a piece of bark, well, it did not survive. You know the brutal truth of the process of transferring knowledge by word-of-mouth: you say a simple sentence to a person and ten people later, you get a false or erroneous narrative. In addition, there is the process of cerebralization that alters the pure truth. So imagine, these important teachings and truths had to cross centuries or millennia and in addition, these pursuers of power got their hands on this information that threatened their Machiavellian plans. One thing is certain, that these people of power failed to reach the point of awakening and everything that comes with it. They could not know at the time that when it is poorly programmed and poorly used, the mind blocks any spiritual connection. A person wanting to open a spiritual connection must do so in a context where there is a good human ethic, that is, the goal must be true, profound, and positive for oneself and one's entourage, because the beings involved in the awakening sessions can not be bought and they have all the time in the world.

The repeated failures due to their multiple attempts to obtain awakening and pure knowledge surely provoked in them a feeling of anger and a heightened desire to conquer human minds and destroy the documents going against their plans. It is well known that the more a person has the need for power and to conquer the energy of others, the weaker this person is, the more he uses compensatory means to prevent himself from looking in the mirror, in order not to experience his own pure truth that would be a huge shock to him. Another cause

and effect, since these people holding power could not put into practice or use this knowledge of pure truth, to their end, and well, it is easy to think that they gave much thought to it and that they regrouped experts from all backgrounds. This was with the goal of discussing and elaborating strategies to conquer the world and human minds, for example, to destroy or hide the pure truth, in order to justify their personal failures. After all, these teachings from the sages were only pure lies since they had not worked for them, so the explanation was surely that they were all wrong. I know these conclusions seem very negative and Machiavellian, but look at where human beings are now with regard to their spirituality, how people are always looking for more. There is an orchestration of all of these erroneous teachings that has been going on for five thousand years with appalling consequences, as they prevent us from evolving spiritually.

A word of caution, I am not saying that all of the people involved in pursuing these erroneous teachings were conscious or in bad faith. I am saying that there have been people or organizations over the last five thousand years that have generated or nurtured the great spiny wheel of the conquest of the mind, with very bad intentions and false needs. That thereafter, the process of cerebralization continued to make inroads, since the messages and teachings of pure truth were altered in order to satisfy the new needs of these cerebral conquerors.

Heritage of the Egyptians, Greeks, and Romans

Since the spiritual heritage of the First Nations, humanity has gone from an understanding that we are all independent, that there is a direct connection between each human being and the universal spiritual energy, to a belief in multiple magical gods, that only the human god, the pharaoh, could connect to his spiritual gods. The Roman intellectuals pursued, for a while, belief in the multiple Greek and Egyptian gods, but then during the modern 1st century, based on a rising need for cerebral power, they were opportunistic. They appropriated the religion of Christianity inspired by the Jewish character Jesus of Nazareth and the new cerebral needs of the masses to believe in a mysterious and magical religion promising life after death. This religious tool was very lucrative because it allowed the imperialistic Roman Empire to conquer the majority of human minds living on the earth, in terms of pyramidal powers, and they still get great economic benefits today. Their religious cerebral weapon was so powerful that they killed millions of human beings, without counting the billions of victims. Under the pretext of propagating love and good news, they destroyed entire cultures and peoples throughout the world; they even managed to turn the time clock of humanity back to zero, ultimate symbol and message that we can forget all that existed before, for they alone held the pure truth. The Romans with the help of the extremist Hebrews only continued the chain of violence taught and perpetuated by the violent Hebrew God, with no respect for life and in the bloody traditions of the needs of conquests, hatreds, judgments of differences, of

obsessions to be the chosen people, and of the following to the letter the laws of the Hebrews.

Here is the ultimate weapon of the Roman imperialists, the Christian religion.

Christianity

In the Middle East, the religion of Judaism existed for more than twelve hundred years so like all things, it had done its time, to the great despair of the elders. As usual in history, the people seated in the chair of power did not like changes, so it is easy to imagine the context of tension and resistance when they heard about a newcomer proclaiming that he was the Son of God. We can easily imagine the continuation of the story and the reasons that caused the tragic end of this new sage Jesus and thereafter, the whole exercise of destroying the proofs of the real message and the beginning of the process of cerebralization to create a new religion, while making sure that it would continue the past teachings of the Jewish people, the Hebrews. From this came the Old Testament which is a copy of the Hebrew Bible that changed the name of the Hebrew God to the universal God, but retained the fundamental message that the chosen people would always be the Jews (Hebrews). These events are the pathetic repetition of human history, of this scourge that pollutes and harms human spiritual evolution, I am speaking of these narcissistic people who were in power over the course of history and who did everything to prevent and destroy anything that threatened their ivory tower without thinking of the negative consequences of their actions. Of course, these people would tell you that they did everything for us, that they

sacrificed themselves to protect us and to look after our interests, but the truth is that their madness has caused hundreds of millions of deaths and billions of victims.

The character of Jesus of Nazareth in the Bible was deified and his messages were all cerebralized to the flavour of the chosen Jewish people. It is for this fundamental reason that the religion of Christianity has pursued, for two thousand years, the chain of violence of the false needs of conquest of imperialistic power and proclaimed the Jewish people to be the chosen of their Hebrew God. In its actions on the ground, all this did was express the needs of vengeance, hatred, judgement, and isolation in the face of other cultures, in reaction to the gratification of the Egyptian Empire, which lasted for more than three thousand years. Christianity's Jesus of Nazareth has absolutely nothing to do with the sage Jesus who really came to enlighten us in order to try to put human beings back on track. All of the documents approaching the true word have disappeared. The messages of Jesus the sage are simply the continuity of the spiritual heritage taught by the First Nations, five to ten thousand years ago, with the exception that once the human body has died, the soul is incarnated again in another human body. For the rest of the other basic messages, they are the same such as love, living in harmony, universal energy, that we are all equal, we are all connected between us and the spirits, and we are all spiritually independent, because we can all connect ourselves to universal energy and love. Remember the old images reproducing Jesus the sage, having the body of a man with open arms, his heart and his head illuminated with the universal

spiritual energy that is love and healing. Here is the character Jesus of Nazareth according to the Bible.

Jesus of Nazareth and his twelve apostles

The character of Jesus was born in the context of the tired Judaism that had existed for twelve hundred years, repeated attempts by the Egyptian Empire to destroy the Hebrews, spread over three thousand years, and finally, the invasion of the Middle East by the Romans. Jesus, who was Jewish, would have been born in Nazareth between the 7 – 5 BCE. Some scientific research mentions the hypothesis that the sage Jesus and the character Jesus of Nazareth would have been two different entities. Jesus had a short career of two or three years as a preacher in Galilee and he was surrounded by twelve disciples. During his itinerant travels, he would have performed healings and exorcisms, arousing a craze on the part of the Hebrews, but at the same time attracting the wrath of the political and religious authorities, before being betrayed by Judas, then arrested, condemned, and crucified in Jerusalem around the year 30 CE.

Finally, the scourges of the first centuries coincided with the most prolific growths of Christianity and led to a vast movement to get closer to God.

Since there is no direct evidence proving beyond the shadow of a doubt the existence of the character of Jesus of Nazareth according to the Bible, I did my own research on the principal apostles who constituted the group that would have followed him for several years. Unfortunately, I found no direct evidence of

the existence of these; worse still, I discovered that the symbol of the group of twelve apostles is a political message that borrows up several messages and symbols from the ancient writings as the number twelve represents the twelve tribes of Israel. This number twelve still refers to the old messages of the ancient Hebrews that promoted the chosen people of Israel and their laws and who would be saved by the Hebrew God. The gospel of Matthew mentions that, “ ye which have followed me, in the regeneration when the Son of man shall sit in the throne of his glory, ye also shall sit upon twelve thrones, judging the twelve tribes of Israel.” Moreover, historians and scientists conclude that all of the documents, such as the gospels attributed to the apostles, were written much later by other people, and that even certain gospels, for example the gospel attributed to John, are not the work of a single author, but of a school. I who was immersed in Christianity for the first twenty years of my life, was always taught that the apostles had written their gospel in their own hand, so I was stunned to find that this is not the truth. Some people may have accompanied the wise man Jesus, but they had nothing to do with the characters and messages attributed to them, for they were cerebralized, even invented decades later, and the Imperial Empire knows these facts.

According to research the apostle John, son of Zebedee, would not have been the apostle of Jesus, but rather, the who inspired the character of John would have been John the Presbyter. And as I said, all of his work was written by several authors.

The apostle Judas Iscariot (“Judas from Kerioth”) is a very important character in the story of Jesus, for he is the person who betrayed him and delivered him to the Roman authorities, which caused his death. I remember in my youth that I hated this character because indirectly he had killed Jesus. According to historians this character never existed, because the town of Kerioth did not exist during the time of Jesus. The most probable thesis is that the evangelists introduced this character to represent all of the Judeans who refused to recognize Jesus. Also, noting the first name of this character, Judas, since Judaism was competing with the new religion of Christianity that followed the passage of Jesus, there was no better symbol to discredit their competitor than to give the traitor the name of “Judas.” Symbols were very important in this time so it is not a coincidence, which proves beyond any doubt that the religion of Christianity is a political religious tool, that there was an orchestration in its construction.

The apostle Luke was of the second generation after the passage of Jesus and the writings attributed to his name were written by a single person close to the Pastorales group that existed only in the third generation, or around the years 80 – 90 CE.

The apostle Peter is very poorly documented and what is apparent to historians is that his character is too diverse and controversial, which confirms that it reflects more the belief and memory of the various Christian groups that we document than an actual person.

The character of the apostle Matthew, who would have been a tax collector, is also challenged. According to modern research, his gospel was composed between 70 – 90 CE, by several successive writers, including a main author who would have been Jewish, and that there were two main sources. The first source would come from the gospel according to Mark, but an earlier version than the one we know, and a collection of Jesus' sayings, called the Q Source by the experts, but both would have been destroyed. The main author is considered Jewish because he uses the character of Matthew to pass his messages from the Torah which is a very important document for the Jews: "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil." (KJV Matthew 5:17),

The gospel according to the apostle Mark, also known as John Mark, is highly contested, for there are many inaccuracies in the geography and topography of the land of Galilee; in addition, research attributes it more to a Judeo-Christian writer. In Mark's texts, the author never expresses himself in "I," nor any particular intention. The attribution of his gospel rests on the verbal testimony that the Bishop Papias of Hierapolis, born c. 70 CE, supposedly made to Irenaeus of Lyons; therefore, the only evidence available is that of the latter who qualifies Papias as an old man who had listened to the preaching of the apostle John. Bishop Papias supposedly wrote five books explaining the words of Jesus, but they have all disappeared; once again a work that would have been indispensable in tracing the truth has been lost.

Paul of Tarsus or Saint Paul, born at the beginning of the 1st century in Cilicia (Turkey), was a Roman by birth, but a Jewish Pharisee by culture. Paul was a professional politician, he was not one of the twelve apostles who lived with Jesus, but he is said to have met Jesus some time before Jesus' death. Of all my research and travels, Paul is the only person who would have met the real Jesus, and for whom there is archaeological evidence of his actual existence. The proofs of Paul's existence are letters authenticated by scholars and historians where he speaks of Jesus, of incarnation, and of love. Of all of the letters written by Paul, there are only seven that are regarded today as authentic. For my part, I have retained only two, the Epistle to the Galatians and the Epistle to the Philippians, for the others seem to have been written by other people; they have been so cerebralized that they still refer to the navel-gazing of the chosen Hebrew people, the Hebrew God, and the documents of the Torah and the Old Testament. In the letter sent by Paul to the churches of Galatia in the year 50 – 51, he qualified himself as the representative of Jesus Christ. He wrote that it is faith in Jesus Christ that saves and not the application of religious prescriptions, the law of the Jewish people, referring to the Torah in the Jewish religion, then he added that those who are circumcised and apply the ancient religious prescriptions in order to be righteous before God are denying the grace and freedom they received from Christ. He also mentioned that this freedom, which is based on the life of the spirit, attracts us to purity, perfection, and love for our neighbours, and moves us away from our passions and our carnal desires; this is how the law becomes useless. In this letter Paul qualified submission to the

divine law as a “curse,” the law was our overseer until the coming of Christ. In his call for freedom, Paul asserted that the whole law is summed up in this single commandment: “Thou shalt love thy neighbour as thyself.” The theme of this letter is that we can only find the true freedom of love by living the gospel of Jesus Christ. Paul finished his letter by saying that if people continued to follow the law of Moses, among other things circumcision, it would limit or annihilate the freedom they had found in Christ.

An example of the consequence of Christianity

Here is a perfect example of the negative consequences that imperialistic religion has caused in the history of humanity and what cerebralization can provoke when spread over long periods of time. Remember that violence engenders violence, that hatred engenders hatred, that religions engender religions, and that Christianity spawned Islam.

The following story began in the year 1791 and ended tragically in 1945, triggering the Second World War:

“The conspiracy theory conveys the thought that there was a powerful occult group, among others a group of Jews who controlled the whole world, and this for centuries. In 1791, an abbot named Leblanc, what a coincidence we plunged back into the Judeo-Christian war, had launched the rumour in a document, with the help of Freemasonry, and subsequently the thesis of the conspiracy appeared in the Journal of Vienna in 1793. At the beginning of the 19th century, two French Catholic clerics as well as one American Jesuit affirmed

the existence of links between Napoleon Bonaparte and Freemasonry in order to destroy Christian civilization. Later, in 1903, the conspiracy theory resurges even stronger, but still in a process of cerebralization where the aim is to manipulate the truth in order to obtain certain unethical things. A Russian informant, located in Paris and working on the part of Russian spies, drafted a fictitious and false document, with a view to influencing the Russian emperor in office, Nicolas II. This informant obviously had been sponsored by a group that had interests in discrediting the Jewish people, for the emperor seemed to have an opinion in their favour. In short, this informant did not skimp on the means or on his morals; he wrote a false document, which he named the Protocols of the Elders of Zion, inspired by a pamphlet written in 1861 by a Belgian Maurice Joly who had described a fictitious plan where Napoleon III wanted to annihilate Christianity and conquer the world. Of course, our informant took the trouble to replace Napoleon's name with the Council of Jewish Elders. Later, Adolf Hitler referred to this as an argument justifying the Jewish conspiracy theory and this became one of the centerpieces of his cerebral propaganda against the Jewish people. These cascades of historical facts begun by a mere rumour and thereafter cerebralized to excess, spread in time like as cancer and caused the Second World War which resulted in more than fifty million deaths."

Another example of a story that was cerebralized with time is that of the Order of the Poor Knights of Christ, otherwise known as the Templars, which appeared in 1129. This order was officially recognized by the Christian Church, because their first mission was to protect Christians who were being attacked on

the road during the period of the Holy Wars and the Crusades. Thereafter the order was invested in the trade of precious objects and they became too close to the king of France, "Philip the Fair," but the pope of Rome who was in conflict with this king preferred to dissolve the order, provoking their wrath and sparking their motivation to harm this religious empire. The process of cerebralization made of this order a mythical group, but in reality it was only a group of military rebels against the religion of Christianity, possessing no secrets or magic. Then another group, encouraging society's elite, was inspired by the Templars and made its appearance in 1598 in Scotland and then in England in the 17th century: Freemasonry.

Another interesting fact, the symbol of the Christian religion is a cross; this symbol existed for centuries before the coming of Jesus, among the First Nations, because the totem is in the form of a cross. The Egyptians took back this form of the cross by creating several symbols such as the eagle on the cross and the cross of life, the ankh. The Egyptian cross of life was even taken over by the Jewish king Hezekiah of Judea as a clay seal, around the year 700 BCE. Later, certain Christians from the year 400 CE onward even replaced the official cross by the Egyptian cross of life.

My mind tells me:

Science, historians, and archaeological digs are able to find traces left by bodies and real stories dating back over thirty-five thousand years. They are able to know the life of each of the 345 pharaohs who lived in Egypt over five thousand years ago, but it seems impossible to have direct evidence of anything

concerning the eye witness stories of Jesus of Nazareth from the Bible. It is not for nothing that in religious documents and by their preachers, we are constantly brainwashed with prefabricated phrases of the sort that those who believe without seeing or those who blindly follow the laws will have access to paradise. During all of my travels to religious sites around the world or through my spiritual connections, I have never felt anything particular, spiritually speaking, or any universal energy during my attempts to get in touch with any of these characters deified by human beings.

To tell the truth, even if science proved the existence of these characters, there are still fundamental spiritual problems with the messages conveyed by all of these religions originating from the same region on the terrestrial map. Moreover, it is bizarre that, since they finished writing their religion, their God has ceased appearing. There is not a single trace of him and sincerely, what about the billions of other human beings who have not had the chance to be born in this corner of paradise on earth? If they were truly official representatives of the universal God, then why did they remain only in one place, the Middle East, when they preached? Why speak only of chosen peoples, why nourish only the cerebral by prayer, why did they not take up the teachings of the First Nations that allowed a complete spiritual independence of the human being without need for the intermediary of a religion or church? The universal God knows the human mind very well since he created us, so the last thing he would want is to create a new religion among the ten thousand others that moves us further away from our spirituality and divides us and by this very fact, causes discord. The universal

God created the human body to be independent and able to communicate directly with his spiritual world, so he is the first to know that having intermediaries would never work.

What is shocking is that the imperialistic Christian God is actually the Hebrew God and that originally, this religion addressed itself only to the peoples of Israel, among others the twelve chosen tribes of Israel, and that the Romans shamelessly sold this religion throughout the world, claiming that it concerned the universal God. The result was terrible, not only because human beings were completely disconnected from their souls, but because it destroyed entire First Nations cultures, and caused the deaths of millions of people and billions of victims around the world. This terrible result was quite foreseeable, for the Hebrew God is an authoritarian God, controlling, commanding, murdering, since he provoked the direct death of several million people according to the Old Testament and he is a God of law who likes to submit his children to his supreme authority and he seems to have no respect for life and family.

These unscrupulous creators of religions knew very well the weaknesses of the human being, so they created religions with magical thoughts of a futuristic and conditional paradise, all impossible to prove. Fortunately, this way of doing things does not last long, because it does not help human beings since it is not lasting nourishment. You may repeat that God is great, that his love is infinite, that he will save you, etc., but in practice, in everyday life, what does it bring you? Seriously, do you really want to wait for your death to check if your beliefs and prayers have paid off without living in the present moment and developing your

paradise now? In your present, in your practical, real world, how can you be happy, how can you make people happy around you? How can you solve your problems, etc.? You need to have help, tools, a procedure to follow, you wish to be independent and not depend on anyone, and this right now, not after your death. Inside, you know that you are the only one who can solve your problems and that neither prayers nor other people will do it for you.

So, something is not working with the teachings and beliefs of the past. I am very well placed to confirm this to you, as I spent the first twenty years of my life immersed in religion and churches by obligation. I knew prayers and many passages of the Bible by heart and yet I felt so alone, so unprepared, so unhappy, I had no help and my prayers gave no result. Everything we hear from religions, whatever the name, they are messages of fear, of emotional blackmail, believing without having seen, the day of judgment that says: "If thou shalt not follow the laws of God, thou shalt be judged on the day of judgment and thou shalt not go to heaven." All of their teaching is based on data that have been cerebralized and written more than two thousand years ago, without being updated since, no presence of women in power; there are sisters, but they are the servants of God and often of priests. For concrete evidence that religions do not give lasting nourishment, look at all of the debatable crimes and behaviours that their representatives have committed throughout the centuries towards societies, young people, women, and all of those residential schools that separated American Indian children from their families, etc.

How could we have fought against all of this orchestration, very well integrated in our lives and even in schools? In addition, they spoke to us of miracles, of divine power, that only God could save us, and that all we had was prayer. There was no teaching or procedure for us to be happy and for us to be able to solve our everyday problems, only prayers. No explanation, no detail on the truth of humanity. We were told that only God knows the mysteries of faith, and that we must not question or doubt, because paradise is for those who believe without having seen. There are only magical thoughts with divine beings, fantastic tales, magical and spectacular prowess, out of our grasp. This is the beginning of cerebral conquest by the technique of cerebralization and programming.

What differentiates us from animals is the obligation to understand and improve ourselves. We came to earth for this reason, that is why life forces us to do it through obstacles and ordeals. The function of the human body has the sole goal of making us feel things; it tells us that we are on the right path through our joys or that we must realize there are things we must change or improve through our pain.

Spiritual message:

The mission of Jesus and many other sages was to teach the follow-up to the spiritual inheritance left by the First Nations, that human beings have the ability and the choice to reincarnate, that you are all equally my children of love. I have created you all in my image, that is, that you are all free and responsible for your actions by respecting an ethic, that you are all equipped and independent

and that you are all connected to me through your souls, so you do not need any intermediary. For this reason, Jesus came up against many people with false needs of cerebral compensation, because some seek to destroy the spiritual independence of the human being. Your body has the function of acting as an energy transmitting/receiving antenna and that depending on the level of your inner strengths, of the cerebral state of your mind, you can receive through our universal energy, information, love, and healing that you can use for yourself or for others.

Islam

Muhammad was born in Mecca around the year 570 CE, in the context of war against the attempts to escape from Catholic groups, and he died in 632. At the age of twenty-five, he married the richest and most powerful woman in Mecca, Khadija, who was forty years old and already had children, and his wife died when he was fifty years old.

One important fact is that Muhammad had and practiced as a religion, until the age of forty, the Hanafi. As explained in the previous chapter in the section on Abraham, this religion was created following the passage of Abraham and he is the most quoted character in the Quran, and it has as a doctrine that there is only one God, it rejects any intermediary between man and his creator, therefore it rejects any idol, any sacred object. It is neither Jewish nor Christian. Probably it is for this reason indirectly, that there are anti-Islam Hanafis, because the book of the Quran, the religion of Islam, Muhammad, the archangel Gabriel, would all be intermediaries to the direct messages of God, as understood and taught by

Abraham, Moses, etc., but like all things, time altered or destroyed this important understanding.

Here is the event that marked the beginning of Islam, but I must warn you that the details change according to the source visited since it is impossible to authenticate:

“At the age of forty, Muhammad went alone to the cave of Mount Hira to meditate, when he was suddenly challenged by the archangel Gabriel. The angel embraced him and ordered him to write a religion, but Muhammad refused, because he did not know how to write. The angel repeated his order twice and each time obtained the same answer from Muhammad. It was then that the angel grabbed him solidly, then loosening his embrace a little, he revealed the Quran to him.”

Moses, the most important prophet in Judaism, is also considered a prophet and a messenger in Islam; moreover, his name is mentioned more than anyone else in the Quran. The name Islam, in Arabic Al Islam, means submission and subjugation to the orders of God. Muslims believe that God is indivisible, without a son and unimaginable (without image).

The Islamic religion is composed almost exclusively of laws, very difficult to read and interpret. Here are some examples:

“Quran (Surah 33:38): There can be no difficulty to the Prophet in what Allah has indicated to him as a duty. It was the practice (approved) of

Allah amongst those of old that have passed away. And the command of Allah is a decree determined.

Quran (Surah 33:62): (Such was) the practice (approved) of Allah among those who lived aforetime: no change you will find in the practice (approved) of Allah.

Quran (Surah 48:23): (Such has been) the practice (approved) of Allah already in the past: no change no change will you find in the practice (approved) of Allah.”

Talismans, mantras, fetishes, clairvoyance, prediction, pretending to know the secrets of the unseen and all that is related thereto, are condemned actions against which one must fight, with the exception of the Quranic verses or an incantation cast by the prophetic tradition.

It seems obvious to me that this religion is in reaction to the terrible things that happened for three thousand years in these regions. Islam is the perfect mirror of Christianity, the Quran is their Bible, the book of Genesis or the Old Testament is the Hebrew Bible, reciting all of the stories such as Abraham and Moses, their prophet Muhammad is their Jesus. They also use the attraction of magical stories involving angels and archangels, mosques are their churches, and imams are their priests. The Islamic God seems very violent, very controlling and like a military commander, he demands the submissiveness and absolute obedience of his followers through laws.

We have come to earth to learn, to improve ourselves, to make mistakes, because it is the only way to learn to evolve so I cannot agree with a belief that we must spend our lives studying the laws of a religion rather than being human and living as humans because we live on a human earth. God and the universe have the principle of not interfering, of leaving people free to conduct their experiments, trials, and errors, so we must not go against these fundamental principles of life.

The problem with all religions is the conservatism they teach, they take an image in time, make it their only belief, and then close all doors to updates and the coming of other sages. This way of doing things goes totally against the teachings of God, of spiritual beings, and their way of proceeding that has been going on for millennia.

My mind tells me:

I know it is difficult, that injustices and atrocities have been committed everywhere and also in your area. I am proof of this, I am of American Indian descent and our culture was almost completely destroyed by the representatives of the imperial eagle armed with a cross. I can also tell you that the solution is not in anger, isolation, and violence, but in the ancient spiritual teachings of the First Nations around the world who have been fortunate to be able to develop their knowledge and understanding thanks to a climate of peace, freedom, and harmonious living in nature. This is what has saved all of the First Nations and myself, otherwise they would have lost their souls in the darkness of anger and war. Today the First Nations are rediscovering respect and their cultures in

peace, because they have made the choice to live in the present moment and to integrate in harmony with their new neighbours. This result is extraordinary, because the two peoples will be able to share and exchange their love and their knowledge; it is exactly my mission to teach the spiritual heritage of the First Nations.

As for religion, I understand you, I have gone through it, and it is very difficult to get away from a religion that scares you by promising you paradise at the end of your days, if you follow the laws. I can tell you that, having lived in both worlds, I now know that I was very unhappy during the time I was immersed in religion, because I could never live in the present moment nor live individually and worse, I abandoned my inner strengths so that not only did I not develop them, but I fed my emptiness and inner isolation. I am telling you that since I separated myself from the prison of religion, I have become so fulfilled, that I have finally been able to develop my inner strengths and I am telling you that all of the First Nations' teachings about universal energy, healing energy, spiritual channels and that we are all connected, even with the spirits, are true. Now I have reached a point in my life where I can even give to all those I meet on my way and that with the book I am writing, I hope to contribute to the spiritual awakening of the whole world so that everyone can regain his or her spiritual independence.

Spiritual message:

It is not too late, you can put all of your energies into studying the teachings of the universal and spiritual God, then take all of your representatives

who have an opening to leave their cerebral side, and have them follow trainings and spiritual seminars and finally, use your employees and locations to teach how to connect to the energies of the universal God without any intermediary.

6. The Creation of my vessel

Gift baby

Normally, I should not be here to speak to you, for so many things have happened since I was born, even before I was born, so many coincidences, even if I do not believe in coincidences, that played in my disfavor, to believe that my coming greatly disturbed some beings. To begin with, I was at birth what is called a blue baby, that is to say that I was a strangled baby, I had the umbilical cord wrapped around my neck, so this caused my birth to be delayed by several days. If it had not been for the skill and experience of the doctor who suspected a problem without having any evidence or should I say that he had an inspiration, I would either have been dead before birth or a baby vegetable, caused by lack of air to the brain.

There is no coincidence in life

In 2001, I met a man at a party, a man whom I had never met in my life and who knew nothing about me, except my first name. He stared at me, smiling constantly, and from the first few minutes of our conversation he decided to explain his behaviour towards me, so he said to me: "You are a gift baby." I pretended not to understand his assertion and asked him what he meant. His answer was this: "Normally, you should have died when you were born, but for several reasons, you had special permission because you are a gift to society." Unfortunately, in those days, I had not completed my process of awakening, I was too focused on continuing to live according to my cerebral programming taught by society, so I rejected these statements, while asking myself how he

could have known this story about me, dating back more than thirty-five years, especially since I had forgotten this event myself. The man, having felt my reluctance, added in an irritated tone: “If you and your girlfriend do not have a child at (a date eighteen months later), well, you will not be together after that date.” Again, I put this information in a drawer and quickly forgot about it, at least this is what we have learned to think, but in reality nothing is forgotten, because nothing is created and nothing is lost. It is the same for the negative emotions that we believe to be disappearing, but in reality we put them away and accumulate them in the bottom of our belly and unfortunately over time, when there are too many, they can nourish diseases.

Eighteen months passed, my ex-girlfriend and I went to the hospital to stop an unwanted pregnancy, since we had ended our relationship before we were aware of the situation so the act that had caused the pregnancy was an isolated event without love or desire to have a child together. A month later, after the visit to the hospital, during a moment of awakening, the affirmation of this man met more than eighteen months earlier came back to me and allowed me to confirm and accept that there are people who possess spiritual powers and who can read possibilities in the future without them being gods.

Another gift, thank you, Uncle

My mother told me of another event that happened when I was still a baby. I was lying in a stroller, at the top of the staircase of the house where I lived until the age of twenty-three. The stroller, for some unknown reason, began to roll down the staircase at a brisk pace and my uncle, who was in the basement,

heard my mother screaming, so he immediately threw himself towards the staircase and managed to catch me in mid-air, a few centimetres (inches) from the terrible cement wall. This narrow and steep staircase, made of painted wooden steps that accentuated its slippery surface, included a 90° angle located in the lower part, which all members of my family hated due to its dangerousness. There was no one in my family who had not fallen on this staircase. Moreover, the terrible cement wall found in the 90° area was full of imperfections, little peaks like sharp stalactites.

Another gift or a coincidence?

When I was a young boy, I liked to walk in a wooded area located close to the family house. I loved spending time in this wood, among other things because I could make pocket money, picking up empty bottles, which I would later sell to the corner store to buy myself treats, because I hated asking my mother for money, since in my view, we were five children. In this little wood, there was a large tree with branches allowing me to climb up to about 6 metres (20 feet) high and at this height, I remember as if it was yesterday, there was a big branch that I could hold safely. From above, I could see the whole city of my childhood, Chicoutimi, meaning in American Indian, “the end of the deep water,” as well as the majestic Saguenay River. Ah, the hours I spent gazing at this magnificent creation of nature. I remember that every time I was in this place, I felt in a state of grace, I almost felt like I could fly, and my head overflowed with a mixture of joy and thrills from my interior that I could not understand at the time.

Sitting on this branch made me forget all of the negative things I was going through in my life:

At that time, I was very afraid of my father with all of his directives, his commandments, his needs for power and his violence, in reaction to his difficult childhood. I felt so stuck with all of these obligations and constraints to go to school and practice this Catholic religion so assiduously that did not nourish me, where we repeated every week the same sentences, the same prayers, like good little robots. Also in those days, I was bullied in school by several classmates who were only pursuing the chain of violence that society had taught them. Of these students, there was one I hated so much that it took away all of my pleasure in going to school, because he made me suffer his presence for hours, every day of school. I remember wishing horrible things on him, so wicked that during the last two weeks of his life, I wished his death in a profound way so that he would disappear from my life. I was so young, I was about fourteen years old when the event happened; the young boy died in an accident during a bizarre sexual game he was playing with his friends, the same group that was harassing me. Again at the time, I did not stop to think too much on the link with my wishes, but my school problems all disappeared after this event and I remember that the church priest talked about it during his homily, not because of sadness, but to denounce the local newspaper which was giving bad press to his little kingdom of St.

Joachim. We have to believe that his cerebral needs won over on his spirituality.

This little secret pleasure provided by this tree lasted a few years, until the day when I was floating and daydreaming as usual, when the branch that had always protected me to that day failed at its task, yielding without warning, without any previous sign of weakness. It was then that I immediately left the comfort of my natural seat and began a violent fall.

I cannot remember how long I stayed in such an unrealistic, incomprehensible position. When I regained consciousness, I opened my eyes and I immediately remembered that I was falling into the void without hope of being saved, because after all, I was falling from 6 metres (20 feet) high and I had the fragile body of a 10-year-old boy. When I opened my eyes, the first thing I saw (and I will remember it all my life), only a few centimetres (a few inches) below it, was a big block of gray cement much bigger than my head, the ones that were used to build walls quickly. I no longer remember how much time I needed to regain consciousness enough that I could think and manage the situation, but I remember realizing that I was suspended in the air, above this big block of grey cement. I thought to myself, oh come on, this is impossible, so my mind began to think and look for an explanation; remember that I have a logical, rational, and scientific mind. My mind ordered me to look for an explanation, but above all to make sure I was safe, because as you know, the mind possesses functions, one of which comes into play in an

emergency, called the instinct for self-preservation, when your life is in danger or when you are in a very emotional state. In a flash, I looked around me and looking up at the sky, I saw that my foot was held by a shrub, so small that even the squirrels would have struggled to grasp it, and it was holding me suspended in the air. I swear to you that it is the truth, a shrub beneath the tree in the shape of a Y, in which my foot got stuck, and it managed to stop my mad race towards death. The shrub was so small that it was torn on a length of about 31 centimetres, or nearly 1 foot. I remember perfectly this picture where I saw the broken shrub, with part of the wood showing where the bark had peeled off. I remember having trouble straightening myself, because I was hanging by my foot that was stuck in the shrub and having to force in order to lift my foot to release it; fortunately, I was very athletic at that time. I got up. I registered all of the details of the event, but I went away without even realizing that I had passed very close to death, once again. Without asking myself why I had lost consciousness, because I had no blow to the head, and what really happened, but especially why I had never noticed this block of cement and how such a tiny shrub had managed to stop me. It was only later that I remembered the event, the memory coming back in an awakening session, because remember, nothing is created and nothing is lost. For skeptics who would say that it was a big tree, that my mind exaggerated the small size of the shrub, well ask yourself the question,

how a large tree could be in the form of a Y, only about 1.5 metres (5 feet) from the ground.

I am sorry to disappoint those who were hoping for an explanation involving the sort of magical thought that society and religions taught us so much to think and seek, like I could have levitated or that an angel or a god had come to take me in his arms and then dropped me off on the ground. Unfortunately, that is not how life works on earth. Keep away from magical thoughts. On the other hand, I still do not understand why I lost consciousness, how long I stayed in that position, and what really happened.

I could continue to share with you situations that have happened to me in my life, where I saved people from drowning, death, and especially suicide, but I think you have understood the message behind this, that I was a baby who was going to be a gift to society, and that my coming would make waves.

All during all my childhood, I did not feel good in my skin, I felt so stuck with all of these constraints and obligations that were not mine, so I had trouble accepting my life and my body. Needless to say that for much of this period of my life, I was often ill; I had repeated bouts of bronchitis, even one that was asthmatic. I had sinusitis, allergies, problems with my knees, and to complete the picture, I hurt myself quite often, especially my ankles and back, and I broke an arm. I believe deeply that when we are not happy in our lives or that our minds are too often in a negative emotional cerebral state, well, there are negative consequences on our health. I strongly encourage you to read this book, to take

your time in order to assimilate all of the information and teachings and that you will be much happier, radiant, and healthy, the way it happened to me.

7. My cerebral programming

I was born in 1966 in a small city of 65,000 inhabitants with American Indian roots called Chicoutimi, in the region of Saguenay Lac Saint-Jean. This area was long inhabited by the First Nations, which explains the mixed American Indian and European blood. The name of the city means, “the end of the deep water,” because the river that borders it is the majestic Saguenay. Until 1534, everything was fine for this people, they were able to enjoy the richness of nature and live in harmony with this kingdom. When Jacques Cartier discovered this beautiful region in 1534 he was well received, for this people were generous and courteous, but we cannot say the same for those newcomers who had other ambitions, such as conquest. It is said that Jacques Cartier misinterpreted the meaning of the word “kingdom” so when he reported to his king, François I, he explained that this region was managed by a royal authority like in Europe and that it was absolutely necessary to conquer it. You have here the perfect example of how a mind unconsciously interprets reality according to its cerebral state. In this case, the American Indians were in good faith in the qualification of the beauty of the region as a kingdom but given that Jacques Cartier was in a negative cerebral state of the pursuit of power and conquest, he misinterpreted the truth to be able to put it more in line with his cerebral, emotional reality.

It is very important to properly manage our cerebral states in order to keep them in a productive and efficient green zone as much as possible, so as to ensure that our level of cerebral consciousness remains in reality. Therefore, we can have a good capacity to listen and thus interpret messages and external

signs as consistently as possible with the real truth. It is for this reason that when we are in too emotional or negative of a cerebral state, our communication, listening, and interpretation are affected, and this will result in a very unproductive exchange.

The Europeans returned to the region, armed with their religious missionaries who had many needs and hopes according to the values programmed by their society, this being the needs for power, conquest, wealth, and religious conversion. In 1535, the slaughter of the animal kingdom as well as the symbiosis with nature, the hostile invasion, began with the creation of the fur trade. The newcomers' imprint, especially on the part of the missionaries, went as far as to change the names of places, to impregnate their need for cerebral conquest, because they were convinced of their righteous right since they were acting in the name of their Hebrew God in order to give service to the American Indians, but the truth is quite different.

This type of behaviour is still very much present in our society, namely that many people claim that their motivation is just, and that their intervention is only intended to help others. However, if they take the trouble to stop for a short time, to collect themselves, then they would certainly hear from their interior an emotion communicating to them that they are doing it first for themselves, for the purpose of cerebral emotional compensation. In many cases, it is for this reason that these people become physically and psychologically tired and exercise is more of a chore than a personal pleasure and provokes a negative result. The human body is made to allow us to become aware of things so that when a

situation is wrong or we are not in the right place, it sends us physical signs like fatigue, impatience, pain, and in extreme cases where the person has ignored these signs for years, disease. These messages of warnings that something is wrong, that we are perhaps acting against our nature, can also come from people around us. For example, we can be told: Mind your own business, you are controlling, who has asked you to do this, do not take responsibility for others, take a break or ask for help, you look tired, etc. When our level of consciousness is high, we can also readjust ourselves following the observation that our action has generated a negative result despite the fact that we thought we were on the right track. As a result, when our cerebral state is in a productive green zone and by the very fact that our level of consciousness is high, we can quickly recognize the signs that our body or other people send us, thus allowing us to readjust ourselves and live in accordance with who we are, our nature.

The religious invasion of the missionaries

Let us return to the impact of the European missionaries. They changed the names of many places and even divided the cities into parishes, taking care, of course, to use names derived from their religion, Christianity. For example, in 1647 the immense shallow lake, the Piekuagami, an important symbol for the entire American Indian community, was renamed Lac Saint-Jean, supposedly in honour of Father Jean de Quen, as the story goes that he discovered this magnificent spiritual place.

I chose the term “supposedly in honour,” because between you and me, I hate this kind of religious or political imperialistic behaviour which consists of

granting itself powers of cerebral compensation of conquest, erasing the past. It seems to me that when you are the representative of a god, theoretically you receive love, peace, and joy through enlightenment and you should have the humility and the consciousness that when you visit the kingdom of hospitable, courteous and respectful people, you should be able to control your mind so that it is in a state of sharing, humility, empathy, exchange, and respect, and not in an imperialistic state of conquest and thinking that everything belongs to you. But no, in a cerebral state encouraging false compensatory needs of power and conquest and thinking that your reality is right, without having a minimum of consciousness allowing you to realize that the truth is quite the opposite, you have unacceptable behaviour towards your hosts. It seems to me when you are enlightened by your God, you behave in the following way:

- You do not grant yourself credit for discovering a place, but rather, you visit this place which is important to your hosts. When I visited the city of Paris, did I want to change its name in my honour or did I think it was I who discovered it because in my head I was in an imperialistic cerebral state?

- You ask your hosts the name of the place, you thank them for sharing all of these splendours, and you make sure to preserve its integrity and not to rename it in your name, in your honour.

- When you visit someone or discover a new country, you first soak up their culture and you give yourself the pleasure of learning new things.

- If your hosts desire it, you can share your culture and your knowledge, but you act with ethics, respecting others and their differences.

- Above all, you do not impose your law or any of your beliefs, because you are not at home, you are a simple, but important, guest.

The message I am trying to convey to you is that when people are controlling their cerebral states properly and living in harmony with themselves and their spirituality, they have no compensatory need for false powers or the need to go and steal the energy of others. Their high level of consciousness allows them to remain connected to people and to the truth and thus they can act freely with respect for others, with humility, empathy, and respect for an ethic. The control of the cerebral state is paramount in the positive maintenance of any relationship with others or any living being. For example, if you are in a conquering or imperialistic cerebral state because supposedly you are the representative of a god, a religion, a king, or an economic organization, well it is certain that the result is going to be very negative, because there will be no exchange, no possibility of sharing, since you are in a state that cannot receive anything. Then you will behave in such a way as to always impose your ideas, your laws, your beliefs, and worse, your energy will work to destroy any traces or presence of past cultures that are different from yours, including the excessive exploitation of natural resources or even the ending of animals' lives for the single purpose of wearing their fur in order to demonstrate your social rank. I have unfortunately seen through all of my travels this negative imprint of the economic and religious imperialistic power that has led to the obliteration of the

passage of First Nations around the world. No matter the name of the religion and the name of the people or the conquering country, they all proceeded in the same way and therefore they all had the same negative impact on the spiritual heritage of First Nations, for example in Africa, in Asia (Thailand, Vietnam, Malaysia, Indonesia, the Philippines, and Cambodia), and of course North and South America.

The promotion of the intellectual intelligence IQ

In the period between my birth and the age of eighteen, I had a very authoritarian, controlling, cerebral, and religious upbringing. Both of my parents were very Catholic, very observant, but in truth, I found that they were very judgemental of differences and that they had excessively closed minds towards any new thought or belief. I am not saying that it was their fault, because they too were programmed cerebrally by their parents, their society, and their religious representatives which were even more controlling and conquering than those I have known. Imperialistic society and religion had already done their damage; in fact, it was probably for these reasons that my parents hid the truth about us being the descendants of American Indians, on the side of both my mother and my father. What do you expect? At that time, the American Indians were considered savages and it was very poorly seen to have blood from them; when you think about it, this legacy of thought is terribly sad.

My father used to brag that he had a very high IQ, like around 140, but at the same time he was doing a lot of victimization by complaining regularly that he had been forced to drop out of school to go to work in the forest as a lumberjack

and that later, when he had children (us), he had to take a menial job and give up a promising career to be able to support us. I never dared to ask him that if it was true, then why had he categorically refused any offer of promotion such as becoming a foreman or a supervisor, and eventually all doors would have been open for positions worthy of his IQ? I have to say that we were five children, including myself, the youngest, and that we never ran out of food on the table. On this subject, my father seemed to be obsessed with always running out of food, so our basement was filled with cans. I imagine he had suffered from a lack of food during his childhood, so unconsciously it had become an uncontrolled obsession.

The cerebral traumas of childhood are deeply rooted and as long as they remain in our unconscious, they impact our lives as long as there has been no realization allowing subsequent work on them in order to make a change in behaviour or acceptance of the past.

So as I was saying, my father had a very high IQ. Intellectual intelligence is still very valued today, so much that society is built mainly on this criterion; among other things, schools develop almost exclusively this type of intelligence. Throughout all of my college and university, I mainly had professors with high IQs, but they were very poor educators. During my career, I worked with many managers, directors, and supervisors who had all been promoted due to their high IQs, but most had no empathy nor competence to manage human beings effectively, causing negative results every time, which explains in large part the high number of mental illnesses and fatigue at work.

Moreover, it is for one of these reasons that society teaches us to live only with our minds, yet there are so many other forms of intelligence. Society would have an interest in changing its vision and developing schools that put more emphasis on individual development and the teaching of the main forms of intelligence in order to allow young people to be able to find the genius in themselves, as well as a place in our society. We are all intelligent and we all have inner strengths, so it is enough to find and develop them. Those who claim the opposite and behave as if they are superior to others, would do better to revise their intelligence criteria with the help of our book.

Despite his high IQ, my father was a very poor listener, he constantly made everything about himself when we tried to increase our value by telling him about our personal exploits.

Again, in his defense, my father probably had great emotional needs during his childhood, but it is obvious that his needs at that level were not at all fulfilled, so his mind began to seek the love and energy of others in a pathological way as a cerebral compensatory measure. This process and reaction are very common among people, unfortunately they produce the reverse, as the person having an emotional cerebral state constantly seeking the attention or love of others produces a negative result, because the universal rule is simple: If the needs are not true or have for their sole purpose the gaining of emotional compensation, thus a false negative need, this will result in a negative situation. For example, have you ever met someone who talks all of the time or constantly cuts you off or does not seem to understand anything about your needs, because

he or she is unable to be in a listening cerebral state? My heart twists every time I hear an adult or a parent cutting off a child and saying, "Well, I've known that for a long time."

So, my father's mind was very emotional, but he seldom showed it, because these past wounds forced him to close himself off, thus he adopted the easy compensatory solution of demonstrating that he was a strong, authoritarian, and directing person, although of course this was all done in an unconscious way. Remember that the level of the cerebral state has a direct impact on the level of consciousness and thus the perception of reality. Since my father's mind could not generate his own energy of vital love, unconsciously he was constantly seeking to please people and thus obtain their love indirectly, which had great negative repercussions in his life and the lives of others. Among other things, he could not bear the possibility of being wrong, therefore making it impossible for him to endure any difference of opinions. Worse still, as soon as he felt stuck psychologically, he would quickly fall into a protective cerebral state which gave terrible results, because in this cerebral state, the more wounds or emotions you have repressed from the unsettled past, the more your negative reaction will be exponential and above all unconscious.

In fact, when you are in a protective cerebral state, your mind takes full control and triggers the self-preservation mechanism, and in this state of unconsciousness, everything you are going to say, everything you are going to do or reason will be destructive to you and others. In addition, if you have buried or repressed negative emotions throughout your whole life, without taking the

time to resolve them as you go along, the more the magnitude of your reaction will be terrible. When you are in a protective emotional cerebral state, you do not live in reality because your level of consciousness is immensely low, your reasoning ability is practically absent, and all of your senses allowing you to understand or listen to the truth are disabled.

Unfortunately, society and religions do not teach us anything about emotional intelligence, to understand all of this cerebral process, to be able to manage our minds and by the same token our emotions and our bodies, every day. We would be so much happier together if we were trained to be able to manage our minds and our cerebral states, and if we could communicate effectively in order to stop this chain of anger, hate, and violence that is passed from society to society, from father to son, from mother to daughter, etc. Think about it: If we had the recipe for happiness, that is to say, if society taught us to be able to communicate effectively, to be able to love ourselves and love others in a way that was free from any cerebral barrier to communication, not only would we stop generating negative energy through our unnecessary negative emotions, but we could also drop our life baggage containing all of that extra weight of past wounds, and the ultimate consequence would be that the chain of violence would be destroyed.

Since society itself does not know the recipe for happiness, since it promotes only intellectual intelligence, and since it is gnawed by the disease of pyramidal powers, it spreads the following cerebral education where:

- we live only with our poorly programmed mind;
- there are only individualist thoughts, without empathy or humility;
- the level of consciousness is practically absent, so we live in a virtual, unreal world;
- there is no true spiritual intelligence, thus we cannot use our souls to help us manage our lives more effectively;
- the values promoted are the lure of gain, excessive consumption, superficiality, and the theft of the energy of others;
- problems are transferred to others without taking any emotional responsibility; and
- the chain of violence, hatred, judgment, and intolerance is spread.

Another victim of religion

Unfortunately, I still have to talk about the negative impact of religion in our lives, on the spiritual plane, but even worse on the cerebral plane. As I have explained in the previous chapters, religions were created in the beginning to compensate for false cerebral needs and above all to satisfy the needs of pyramidal power. I also explained that they have removed us from our souls, from our spiritual independence, in order to meet their own needs, so they helped to program our minds in the wrong way and as I explained before, when needs are unethical, when the chosen solution is to compensate for a false need, then inevitably the result will be very negative, even disastrous. And that is what is happening right now, because religions directly have trained our minds to live according to a conditional future after the death of our body, so that our minds never live in the present moment. They are focused on following laws and rules that were written more than two or three thousand years ago and in addition, we focus on the ultimate unreal goal which is to reach paradise after the death of our bodies.

Moreover, given that these religions have been playing in our minds for over three thousand years, they have exploited the ultimate manipulation and control factor, which is the fear of God and the fear of not being admitted to paradise at the end of our days. Everything that involves fear goes directly into our mind's self-preservation mechanism; therefore, not only do religions force us to live an unreal life without being in the present moment, but they do not teach us a single thing about allowing us to manage our minds effectively and

integrating our internal strengths on a daily basis in order to be happy together on earth. But even worse, without realizing the true terrible consequences on our lives, religions program our minds and our self-preservation mechanism in such a way that we can explode with anger at any time if someone presses the wrong button. We can observe the inheritance of the principal religions on our minds by looking at the number of atrocities occurring all over the world, in the name of their religion and their god. I apologize, but it is too easy to pretend that it is the fault of some extremist and unhappy individuals; I attribute full responsibility for what happens all over the world to the violent cerebral heritage of religions. Please, let us not play ostrich, just look at all of the facts in the history of humanity for over five thousand years, where religions have destroyed entire peoples and produced billions of victims.

By playing directly in our minds and especially in our self-preservation mechanism, religions have trained us to have a closed cerebral mind, to be afraid of God, to isolate ourselves from each other, to judge, to reject differences, to be afraid of change and/or any information that would jeopardize our religious beliefs. To allow ourselves to behave and commit acts in the name of the Hebrew God, to live in an imaginary world without the possibility of being happy in the present, to pretend that there is only one chosen people and thus to put us in a cerebral state of superiority over other cultures and countries. And above all, to take away all possibility of being spiritually independent and to force us cerebrally to be dependent on their Hebrew God.

As I have explained to you before, when our mind activates our self-preservation mechanism, the unthinkable can happen and the negative reaction will be accentuated if it affects our religious beliefs, which explains the reasons that push some people with a very emotional cerebral state of anger or vengeance to commit irreparable actions. Here is an example of what happened between my father and me when I was less than ten years old. I was his own son, so you can imagine if instead I had gone through the same situation, but this time with a complete stranger who would also have been in an emotional state of fear of God and who had extreme religious beliefs:

In fact, despite my multiple attempts to have an enlightened and reasoned discussion about Christianity with my father, I always met with a complete closure from the beginning of a semblance of discussion. The older I got, the more my need for understanding increased and the more I questioned the contradictions and magical thoughts taught by Christianity. Needless to tell you what his reaction was when I said I no longer wanted to go to church and that I preferred to pursue my own research and to develop by the same means my own internal strengths, which I felt becoming more and more present. It was at this very moment that I discovered that the religious violent inheritance contained in the mind's self-protection mechanism is much stronger than the bond between a father and his child. I still remember when my classmates asked me why I was wearing a turtleneck in the summer; of course I did not tell them that it was to hide the marks of strangulation that I had on my neck. These marks

stayed for days on my skin, but they scarred my mind forever. I was yet another victim of the violent heritage of religion.

What can be frustrating and truly unfair is that the religion of power is so well integrated into society, that if I call the police to complain that I am a victim of it, they will answer me that it is my father's fault for acting in an extreme way. And if I call the Pope in Rome to explain to him how I have become a victim of his religion and the inheritance of fear and violence, how do you think he will answer me? That I must pray to save my father's soul? That I must forgive him so that I will be able to get into heaven at the end of my days? But during that time, no religion becomes aware, therefore many other victims are to come. I hate these imperialistic behaviours which put religion above everything else under the pretext that they are the representatives of God.

I am confirming this from experience, never underestimate the dangerousness of a mind where the inheritance of religion is firmly rooted in its self-preservation mechanism, because once activated, it becomes stronger than anything. I often hear the commentary or questioning, after a religious crime has been committed in the world, of why is there so much wickedness in the world? How could a person who seemed so nice commit the irreparable in the name of a religion that was not his or hers before? The answer lies in what I have been explaining for a few paragraphs: the responsibility for all of this comes from the violent inheritance of religions.

The cerebral heritage of religions

You have religions and a society that have continuously been teaching you, for more than three thousand years, that your human life is not worth much. That you should be afraid of God, because he is violent and he deems to promise you eternal paradise provided you follow his laws to the letter. In addition, these religions program your self-preservation mechanism by fear and by demonstrating a military and violent God through the following different media:

- the Old Testament and the Hebrew Bible;
- the Christian Bible and the Quran;
- schools and other private teaching places;
- churches, temples, and mosques; and
- blockbuster movies, videos, and books featuring the Apocalypse, Genesis, etc.

Through all of these broadcast media, our minds are directly and indirectly programmed that the Hebrew God is a violent being, that he kills when he is angry with humans (the 10 plagues of Egypt, the Flood, the cruel stories of Abraham and Moses, the Walls of Jericho, the destroyed cities of Sodom and Gomorrah, etc.). That he requires that we follow his laws to the letter, including the power to act on his behalf and even in certain documents, it is mentioned that we can kill the infidels or all those who threaten his authority. That he allows himself to order you to sacrifice your children and to accept with loyalty that he

kills your wife or family in front of you, etc. As if this were not enough, these religions preached by example throughout the history of humanity, stretched over a period of almost two thousand years, by invading, conquering, destroying other cultures in the name of their God, and eliminating all those who stood against their God. Do we agree that all of this information and cerebral programming are actively sleeping in your unconscious, in your self-preservation mechanism, as long as the wrong button is not activated? It is for this reason that a son or a person can lead an exemplary life for a large part of his or her life and suddenly something negatively affects them deeply, they isolate themselves and then fall into an angry and hateful cerebral state. Then their self-preservation mechanism is activated and quickly their reasoning deteriorates, their reality transforms into the need to express their anger through the violent vehicle of religion which authorizes them to commit the irreparable, in the name of a God. By the same token, they have nothing to lose since they are not happy in their lives, but they will have access to eternal paradise, so in their heads it is a winning solution.

A symbolic example that explains very well the whole process of modern radicalization is the story of Adolph Hitler. Without having to relate his whole life, let us say that all of his past failures and wounds brought his mind into an angry, hateful, and even violent cerebral state, so he began to look for a reason to be able to justify and spread all of his anger. Hitler was a Catholic, he began to read books about religion and he discovered one or more articles promoting the concept that the Jewish people had caused Jesus' death and that they were still trying to destroy the Catholic religion. Not needing more, he found his life's quest

that would nourish his anger and hatred and by the same means, he found the perfect vehicle to express all of those negative resentments that had been sleeping for years in his cerebral self-preservation mechanism, and the entire explosive mix would provoke the Second World War, directly causing more than 50 – 70 million deaths and hundreds of millions of psychological victims around the world. Stop for a moment and think of this: Hitler, even if his religion goes back two thousand years, the element of his mind that was programmed by religion through multiple sources of transmission, in his madness and his violence, reproduced exactly the same crimes and in the same way, thus he learned from the violent inheritance of his religion, this being to give himself the mission of destroying the Jewish people whom he believed were against his God as taught, encouraged, and perpetuated for centuries... Amen.

Naturally, as usual, there has been no realization, no reaction, no reparation on the part of the imperialistic religious organizations, yet all of these acts were committed in the name of their religion or God and are the direct result of their teaching and their actions throughout history. They will wash their hands by saying that it is the extremists' fault, but the reality is that those people who are looking for themselves spiritually reproduce their teachings exactly. For this reason, there should also be an awareness among every practitioner and believer of these religions, because the important thing is not to know your degree of belief or implication, but rather that you continue to propagate those religions that have a violent and bloody inheritance. For my part, I did not agree with many things taught or conveyed by religion nor with their bloody past, so as

soon as I had independence and freedom, I eliminated religion from my life and I went off in search of my own spirituality without any intermediary, and I am very happy today.

Morally, it is impossible to claim that we only practice certain aspects of a religion and that we ignore the rest. For example, we cannot claim to be against organizations that kill animals, but be in agreement with those who do so to feed our pets.

In the very short term, it is good to seek solutions against radicalization, but this will not solve the fundamental problem that religions, society, and the media continue to program our minds in a negative way, by promoting a God with a violent past, not living in the present moment and therefore evolving, and an eternal paradise conditional to our following the laws. When we think about it, it is still incredible that today we continue to promote, every year, films about Moses, Noah, Abraham, Jesus, etc. and that in addition, we tolerate these religious organizations with a bloody legacy that continue to operate without any change in their teachings or in their books. It would be very appreciated if all of these organizations would come to a deep realization, if they would apologize, but above all if they would work with modern sages in order to change their vision of things. They could really help communities in their daily lives, by teaching the true spirituality and independence of human beings towards the universal spiritual energy without any intermediary.

The continuation of my cerebral programming

One day, I saved my father's life. He had pneumonia and he had lost consciousness and stopped breathing; he was turning blue. Fortunately, I had taken first aid courses so I was able to revive him and take him to the hospital afterwards. A year later, during a vigorous discussion with him, as usual he quickly escalated to an excessive emotional state and so his mind activated his self-preservation mechanism, which affected his reasoning and reality. During the conversation, or rather, I should say during his monologue, not knowing how to answer me, he used the communication barrier of emotional blackmail by telling me that I did not love him. That is when I told him that if this was the case, I would not have revived him. His reply was instantaneous, without reflection, since he was in defense mode, and he said, "I knew that one day you would use this story to make me pay."

I had the misfortune to live right in front of a church, through pure survival instinct against my father, I became Catholic and practiced by obligation. My mind activated my self-preservation mechanism and I fell into "auto pilot" mode. At first like a good little robot, I memorized the prayers, repeating them every week at church and also before I went to bed, but I never got results as a result of this exercise. Time passed, but the war in my head intensified despite my attempts to make it disappear with my prayers. I remember that from a certain moment on, I listened less and less to what was said during the ceremonies so to pass the time, I would often daydream, but my cerebral functioning on autopilot took care of the rest so no one would know. The more I lost interest in this

religion, the more I had to find sources of external motivation to make the exercise less painful. It was then I learned that serving the Mass paid \$.10 for each ceremony, so I started to make pocket money rather than sitting as a spectator, then it became \$.25 per ceremony, so I was serving at two to three Mass ceremonies each week and during the period of Lent, I served every day for forty days. It made my parents so happy to see me being a good and diligent practitioner, but if they had known what I was thinking and what I was doing during the celebrations, I would surely have been crucified, just like the principal actor used to create this religion. In the final years when I still had to go to church regularly, I created a parallel business. What do you expect? My mind had learned well and absorbed the lessons of this society, which promoted capitalism, and I should add that we also felt this presence in every church. So, my business consisted of selling the little "Let's Pray at Church" booklets or the "Jesus, Mary and our times," newspaper at the entrance and before each ceremony. The sale of these books paid better than serving the Mass, so I concentrated on this activity.

This unknown inner strength rejected by my mind

Although I was very cerebral as taught by my father and society, I managed my life with my mind alone at that time. The war in my head persisted, but my cerebral continued to succeed in ignoring most of the time my inner strengths that were constantly sending me signals and messages through my feelings and emotions, which made me destructive for a while. In fact, with time I lived like a robot, without emotion, constantly daydreaming, which caused me a

lot of trouble to complete my Bachelor's degree in engineering. The worst was that in living a life that was not mine, that ignored my individuality and my inner being but rather, that of my parents and society, my feelings of powerlessness, injustice, revolt, and anger were growing greater and greater in me. Towards the end of my adolescence, I was in such an angry cerebral state, emotional only in my moments of awakening, my feelings towards my inner strengths were becoming less and less present to the point of vanishing. My mind in those days was so afraid of being different that its cerebral programming enormously blocked my feelings, my periods of awakening, as well as my unknown inner being.

From a very young age, I do not remember exactly when, I started to feel something inside me, this unknown being, which was different from everything society had taught me, especially in times when I was calm, lucid, and when I had my child's *joie de vivre* (joy of living). It is not for nothing that there is an old expression that says we must rediscover the child in us when we are unhappy, or another that says we are closer to our inner being when we are a child, pure and free from society. I did not understand what was going on inside of me and at first, I was even afraid of all this information coming out of nowhere from all of these sudden surges of energy where I felt like I was floating and these constant feelings of conflict in understanding between what I was hearing from society and from my entourage and what my being thought of the truth. I loved daydreaming because it allowed me to get closer to my being and this made me very happy. Unfortunately my mind, so contaminated by society, made war on this unknown

inner being until I reached the age of nineteen. So I lived this chaos, this inner battle, this feeling that there were two people in me, during those nineteen years and despite all of my attempts and prayers, this second person in me, this inner being who was completely unknown to me, seemed to gain ground every day. But in those days I had no answer to what was happening in me:

- My inner feelings; I often felt that something made no sense with certain religious teachings;

- My spontaneous states of feeling that great amounts of energy were entering me and that this gave me great pleasure;

- My sensations that sometimes I felt myself going out of my body, I was so overflowing with joy due to these great amounts of energy coming into me; and

- My doubts, my questions, and my great need to understand.

I was always being answered that, or I had learned by obligation that we must have faith, that only God knows the truth, that happy are those who believe without seeing, because they will go to heaven. So how do you expect a young man like me to want to look for answers or confide in someone about everything that was happening within me?

Fortunately, despite my cerebral states caused by cerebral programming that ignored my individuality and my being, and the fact that I managed a large part of my childhood with my mind alone, I must admit that I was lucky to have

always had a strength within me, allowing me to be curious, to be open to new things, and not to have a problem with constantly questioning myself. That is a little bit what the secret of evolution is.

Liberating inspiration

At the age of eighteen, I had an inspiration to take a course in poetry, during my last session of studies in college, although this decision made no sense because up until that age, I had always lived with my analytical, logical, and scientific mind and moreover, this course did not fit in at all with my career plan, since I was going to start my Bachelor's degree in engineering in the next session. This inspiration, this flash of genius coming from my interior was a high point in my life, because Professor Lambert was so inspiring and passionate. Not only did he teach us poetry in his course, but we learned and studied that we all had a soul within us, that we could connect to it in order to obtain information and a sense of inner peace, and also that we could heal ourselves, that there even existed meditation centres, retirement homes for that. Needless to say, this course was truly a profound liberation. Finally, I could understand what I had been feeling during the previous eighteen years that there were two beings in me, all of this information that was coming from my interior, all of these sudden surges of energy and these constant feelings of awakening between what I heard and what I felt was the truth. In my opinion, my professor, Mr. Lambert, is a modern-day sage or the continuation of the science of shamans.

8. My power conquests

Around the age of eighteen, I came to the conclusion that I had to find a way out of my cerebral and physical family prison, but without attracting my parents' anger. I had to do it according to their thinking logic. I had to become financially self-sufficient quickly and in addition, get married, because I still had in mind the meltdown my father had had when one of my single brothers wanted to rent an apartment and another had tried to move in with his girlfriend without getting married. My mother entered religious missionary mode; without apparent violence, she used every emotional manipulation technique to force my brother to marry in church. Of course, she presented the whole thing by saying that she was generous in organizing the marriage in order to free the couple so they could concentrate on moving. Without realising it, my mother had just made other victims of religion's fear of retaliation from God, but of course the St. Joachim parish priest saw her as a good, exemplary practitioner.

It was from this moment on that I became aware of this kind of technique of control and emotional manipulation, seemingly so harmless, in order to force people to behave according to someone else's beliefs and values. My mother had definitively retained the lessons of society and especially the destructive teachings of religion and their representatives, who were masters in the techniques of cerebral manipulation.

So, my plan at the age of nineteen was to finish my Bachelor's degree quickly and marry. I finished my degree in three and a half years instead of four years. One month later, I accepted the first job offer I had even though the salary

was pathetic and six months later, at the much-too-young age of twenty-three, I was marrying my very first girlfriend. I still remember when I announced my marriage plans to my parents. My mother did not agree so much because she did not like my girlfriend much; my parents wanted me to wait for at least another year, especially since one of my brothers had planned to get married one month before my chosen date.

Needless to say, I was very persuasive in using the techniques of manipulation of emotional power and veiled verbal threats on the possibility that we would live together while waiting for the wedding. After all, I had been to the right school and alas, my survival instinct was so developed that I could also pursue the chain of violence of the need for power and the art of conducting emotional blackmail myself by using these unethical techniques. If my parents had known my true motives, I would have been in big trouble. Unfortunately, I had just made in my turn, another victim of religious heritage, my girlfriend.

You know the universal rule that using the solution of flight in order to feed false compensatory needs does not solve anything and often leads to other more serious problems? Well, you would not be surprised to learn that the next ten years made me even more unhappy, because I was going from a cerebral family prison to another kind of prison, and this time I had a dependant, without having previously lived, without having had other girlfriends, question of helping me to know who I was and what I wanted in life.

Cerebral love

Do you know the difference between cerebral love and the pure love of the heart? How can you love someone with your heart if you live only with your mind? On this subject, even today when I do life coaching, I ask the following simple question: "Why do you love this person?" You would be surprised at the high percentage of people who answer me something along these lines: I hope he (she) will change, or he will leave his wife, he will stop drinking, one day he will love me, he will realize that I'm the woman for him, I don't want to live or grow old alone. In the same vein, I often wait, he (she) is the man or the woman of my life, after a week or a month of relationship; or I left because he (she) changed or was not what I thought. But how can a person change so quickly or how can we really love deeply so quickly, or I should say, convince ourselves that we really love someone? People do not change quickly and the heart needs time to be able to love deeply, so there is another cause. Cerebral loves start quickly and very often, people love a virtual image of the other that is not reality, or they love a person for his (her) future potential, so this type of love is never in the present or real. The mind is poorly programmed, emotional in lack of love, seeking a cerebral love that will respond and compensate for past wounds so that when it meets a potential contender it activates its self-preservation mechanism, which in this case touches the search for compensatory love. Then their reasoning ability disappears and the person falls into an emotional cerebral truth that does not represent reality and consequently, their mind will quickly create a virtual image of the other person, depending on the emotional cerebral state and the

magnitude of the compensation needs. This explains why many people rush into cerebral love and are convinced that the other person is their heart's chosen one until the day they realize that the virtual image associated with their lover does not correspond at all to reality. But given that the cerebral module involved in this process is located in the unconscious, people will associate responsibility for failure with the fact that it is the other person who has changed, which is false.

I know cerebral love very well, because I fell into this exact trap and it took me more than ten years to be able to realize it and then work on a solution. Another bad reason to be in a relationship is the fear of becoming an old spinster or bachelor. Not so long ago, society or priests exerted psychological pressure on people who reached a certain age without being in a relationship or even without having children. This mentality is still present in some families and I have observed that this pressure is even higher among the peoples of Asia, where religions still have a lot of influence on society. You think I'm exaggerating? How many of you, who thought you were doing the right thing, have ever asked a person why he or she was still single or made their first question: "Do you have a boyfriend or girlfriend?" Or you say this: "I don't understand, you're so handsome or beautiful." This is still a legacy of wrong programming of the mind.

After finding a job, getting married, and moving to a small apartment, I realized that this was not enough, because I had to continue seeing my family regularly and suffering the consequences of our family education involving a lack of emotional intelligence. We were, if I may express myself this way, a dysfunctional family, despite the fact that I had a few good moments, especially

when I was in the forest reproducing the American Indian traditions of hunting and fishing. But at that time, my happiness was affected by the fact that I was living very cerebrally, so I struggled to take advantage of the present moment, to let go, because I was often pensive and my efforts were mainly motivated by catching as much as possible my quota of fish or partridge or whatever. Remember that my father was obsessed with food and the need for results, so I was merely reproducing his behaviours and beliefs. For the rest, I had an obligation to meet the family for our holiday dinners and the Catholic holidays, and of course, we had to go through the chore of going to Mass. Also, there was great tension between my family members because we had not learned to express our needs in a peaceful way. I had to constantly try to intervene as well as to calm everyone down; it caused me a great deal of stress and negative emotions to see all of these eternal squabbles and poor emotional management.

Escape from my hometown

I absolutely had to escape my hometown for my own survival and personal development. At the age of twenty-five I lost my job, so it gave me the perfect excuse to leave the city. Needless to tell you that I searched only for jobs outside my hometown, far enough away to prevent the negative waves from St. Joachim parish reaching me. I accepted the first offer, a job in Montreal in a dismal factory where the boss was really not honest. Once the contract was signed, it was easy to go see my parents, my family, and my wife's family, saying: "I'm truly sorry, it makes me sad, but I really have no choice, I absolutely have to work. I found a job in Montreal and I start in a week, yes I know, it's very fast and it makes me

terribly sad.” What a beautiful performance, I had just played the greatest role of my life, which would have made even Brad Pitt jealous. I really missed my calling, I should have had a career as an actor. I know all of that is sad, to be unable to tell the pure truth, to lie to others and to myself, to be afraid of the bad reaction of my entourage, another consequence of society’s wrong cerebral programming and that of my entourage.

During the marriage, things were not going well on the physical and loving level, and I think my wife felt it and accepted it, because she too had things to settle in her personal life. We did not have much in common except that we were generous and respectful people. We had unconsciously found an agreement and I took refuge in my work; I did a lot of paid overtime and when I could go down to Chicoutimi, I spent almost all of my time fishing or hunting.

The beginning of my quest for freedom

When we decided to divorce, it all went relatively well, apart from her financial fears which had negative consequences on the progress of the negotiations for separation. I will remember all my life the first night that I was alone in my bed. For the first time in my life, I felt I had made a decision for myself and for myself alone. I was finally free of religion, of my family and of my mistakes committed for the wrong cerebral reasons, and I slept like a baby.

The pursuit of the chain of needs for power

The following years were much happier and revealing for me. I could finally be free in my time and activities, but that does not mean for as much that I was completely free. I could not yet realize it at that time of my life, but I had within me dormant cerebral modules, programmed by society, religion, schools, and my entourage. So, unconsciously I began to reproduce these behaviours that were not mine. I spent much of my time searching for love from others through my exploits at work and compensating for the periods when I was a victim; I began my period of conquest for power over others.

I must have been unbearable during this period, because I was constantly looking for perfection, control, emotional manipulation, and the power of physical seduction. For example, I behaved like an imperialistic invader in my hunting and fishing areas, posting messages on the trees that it was my territory; I hid other people's boats as well as my trails. It was an obsession and my mind was convinced of my right to do it, and that I had the truth. In sports, I always had to win and I was almost unable to accept defeat. As taught by society, my values for success were focused on money, and my career plan was to become a director and then a VP. I followed seminars on how to become an effective leader through active listening and the Maslow scale, on violence, etc., but indirectly this helped me much later. I also had a period of conquest of the female personnel. There is an old adage that says a researcher seeks, but a finder finds.

During this period of power conquest where I lived with my mind that was wounded and programmed by society, I had almost forgotten that during my

childhood, I had had moments of awakening, of pure happiness, that I had felt there was another individual in me. Henceforth, I rarely had surges of spiritual energy, my feeling of floating was absent, and all of my inner strengths were gone. For example, I could no longer read people.

9. My cerebral reprogramming

This period lasted more than ten years during which time I produced my own victims by copying exactly society's cerebral chain that had programmed my mind to seek power and conquest, to manipulate, control, desire the lure of gain, build a big career, consume excessively, always be right. To reject responsibility by always blaming others, victimizing, being sexist and racist, judging, being non-tolerant, thinking myself imperialist by positioning myself above everything, always seeking excellence, ignoring my emotions and spiritual messages, and always being in emission mode to steal the energy of others without ever listening or being in reception mode.

Realization

Basically, the courses I was following to enrich my career were gradually coming to an end. Moreover, I was receiving more and more internal and external messages telling me that I was not happy, that I was not listening to others, and even that I was unable to recall a recent conversation.

My career and financial situation were going very well, my vital needs were being met; moreover, I was living alone so all of this allowed me to have more and more peaceful moments and solitude. I began to think and realize that I felt so empty inside in spite of following to the letter what I had been taught by society. Although I met women, I regularly changed jobs, etc., I realized that this did not nourish me and the flash of understanding appeared. I began to realize, to become aware that all of these needs came from my mind, but as soon as I obtained the object or the person I was looking for, I quickly lost interest.

Realizing all of these facts led me to understand that these needs were not necessarily mine, that I had spent a great deal of my life chasing after false needs taught by society or simply in reaction. I absolutely had to take possession of my life so that I could regain control of my mind and my thoughts, and I had to start by understanding who I really was. Through my sessions of reflection, I was inspired by the old adage that we must know how to keep our child's heart. I then remembered my childhood, my sessions of awakening of happiness, the sensations of peace and energy forces and my resentment that there was someone else in me. I had to find these feelings of lasting happiness and I thought maybe it would help me to find out who I was.

The return of my awakening sessions

Of course the answers did not come quickly, because my body was more than rusty and my mind had taken up all of the space in the management of my life and my body. I still persisted in trying to reproduce the moments of awakening and grace I had had when I was young; at first I was unable to concentrate for more than ten seconds and I felt absolutely nothing. Then little by little my mind started to let go, my sensors and the cells of my body started to reactivate, and I was then able to begin to feel a slight tingling on the top of my head. As my concentration grew, the tingling turned into a slight pressure on my head, reminding me of a distant known memory. Over time, this pressure on my head became increasingly present and strong, then it materialized into a feeling of warmth that slowly spread around my head and inside it. The sessions of awakening are like learning to ride a bike; we have to be patient, tame our fears,

stop thinking, let go and move forward, and then with periods of trial and error, balance will build and in time without realizing it, we will be able to ride a bike without having to think about how to ride a bike.

With lasting happiness having returned, as soon as I was alone, I took advantage of every moment of peace and enjoyment brought about by these influxes of universal spiritual energy. I could now do awakening sessions anytime, instantaneously, and especially anywhere; my heart and my head were overflowing with joy. Without realizing it at first, I was taking possession of all of my inner strengths and I then began to read people again, to have a high level of consciousness that allowed me to know and understand things without having to study them. I was even beginning to have access to information about the past, present, and future. As I developed my inner strengths, unconsciously I was managing to remove myself from pain, but more negatively, without knowing it, I was aware of certain peoples' misfortunes, which caused discomfort in me, but at that time, I could not understand that these discomforts were the result of my transferring their negative energies into myself.

My process of awareness of all of these moments of awakening, of all this information that was coming from my inner being, of all of these sudden surges of energy and knowledge of the truth, made me realize many things that I already knew, but had not paid attention to. Some data were in conflict with the values that society and religion had taught me, among other things that only the gods have powers, that we must live according to religious laws without seeking to understand the present moment, but focus only on the possibility of paradise at

the end of our days. And once dead, that nothing would happen for millennia, that we must wait for God's Last Judgement. What did not help at all was the fact that my parents had hidden from me that the genetics of my body are of American Indian descent, and in this culture, the concept of having a soul in each body is omnipresent and that each has powers through its soul, taught by shamanic science.

Also, I remembered that:

- I had an aunt who could relieve the pain caused by burns;
- my mother had told me that my maternal grandmother was a midwife, she had saved her, taking with her in her early death, my mother's serious illness and that she had said shortly before her death, "My daughter, it's not true that I will let this sickness take you away, for you have five young children.";
- my father told me he had already had the gift of stopping an injury from bleeding, but that he had given it to someone else for fear of seeing blood;
- I had heard about people who had extraordinary powers, that these people could do things that science or conventional society could not explain. For example, there were people who could heal with their hand or their thoughts, see the future, read minds, or communicate with souls or seeing spirits, etc.

The Quest for pure truth

At that moment, I decided to go on my quest for pure knowledge without alteration by humanity's magical thoughts and needs for power, to know and understand the pure and profound truth about myself, about human beings, and about humanity since its creation. I began to read on the subject, among others *The Celestine Prophecy*, to continue my sessions of awakening and to meet people with gifts such as the gift of vision of the past or future, the gift of reading the human body and being able to correctly replace the muscles and limbs, this being the ancestor of the chiropractors, the gift of channeling, that is to say the ability to open a session of communication with the spirits, etc.

At the same time, I was asking myself how I could further develop my inner strengths so that I could become even stronger and thus benefit more people. During a session of profound awakening, I was inspired by this response through my cerebral consciousness: "That I was struggling to accept my body; that I had a lot of anger in my mind so it was often in a negative emotional state and consequently, it often managed my human life like a robot, constantly using its self-preservation mechanisms; that I was carrying too much heavy and useless baggage and that I had to travel light."

I questioned myself so much, over several years, wanting to understand, accept, and fully absorb this profound message from this session of awakening. Even if we have the answers or the direction where we must go, I realized that it is not won in advance, because after that, we must start working in our heads, our minds, since it is the mind that primarily manages our human life. In my

moments of cerebral reflection and not awakening, going by trial and error, because this is a good way to improve and also understand, I realized that when I was in self-preservation mode, thus when I was in an emotional cerebral state, my mind would lose any ability to reason, that it was always preparing for the worst-case scenario, so it wasn't listening. I also realized that in these periods of an emotional cerebral state, I was very unhappy and unable to perform awakening sessions, and that even if I could open a semblance of a session, it was a lost cause in advance, because I was not getting any Inspiration from my being or from elsewhere.

Following these findings and the acceptance of them, I decided that I had to understand how a human mind works in order to control it better, so I read a lot and I took several courses to be able to manage my mind more effectively. Also, I began the process of eliminating the anger in me. All of these activities allowed me to make peace with my mind and to know more about who I was, what my needs were, what my mission was, and what I had to do to have a happier human life so that I could carry out my mission on earth. I have always felt my mission on earth, but my religious upbringing and my parents crushed this inner message so every time my mind denied the information, convincing myself that it was impossible, that I was crazy. In the next chapter, I will talk about my mission on earth, but first, we need to teach you how a mind works and the steps to be able to reprogram it on a daily basis and thus better manage your life, because it is one of the keys allowing you to develop your inner strengths afterwards.

How a mind works

I had to reprogram my mind in the image of my being and not only with the teachings of society. From this understanding, I began the colossal work of decerebralization, in order to be able to reprogram my mind according to my true being. It was then that I understood that our real enemy, our main obstacle to lasting happiness and to our evolution is our mind. It has been poorly programmed to the flavour of society, by the very fact that we were ill prepared to be able to live in harmony with our being and that the people who programmed society also have poorly programmed minds.

The mind is like a computer; it has great capabilities like the speed of running a program, being able to manage our vital needs without us having to be aware of it, and it has phenomenal memory and many functions that we use very little. But at birth, aside from the management of vital needs like survival, memory and programs are almost empty, like the communication module that boils down to crying. The mind consists of modules allowing us to learn, to record data, and to develop our reasoning processes, from only the information provided by the entourage. Being a computer, its reasoning process is made up of rational mathematical equations that it has learned and developed over time; for example, by burning our hand, we learn through pain that we must not touch fire.

The reality is that by living with our minds as taught by religions and society, it is as if we are allowing a simple computer to manage our lives. And worse, the reality is that if we invest all of our efforts and our lives in our minds, even praying very hard, what will remain of us when our bodies and our minds

die and by doing so carry with them all the fruit of our efforts over a whole lifetime? I hope you realize that the principles taught by society make no sense, that there is a big chunk missing.

Only the soul is immortal

Not only have our brains been poorly programmed, as demonstrated in previous chapters, but we have been poorly prepared and especially we have been pointed in the wrong direction for over five thousand years. I know that is a rather hard observation, but I assure you it is the truth. Ask yourself sincerely, one-on-one in front of the mirror, which part of you survives after the death of your body? The only possible answer is your soul, because it is made up of infinite energy and immortal; then in this case why invest only in your body, including your mind? If only your soul survives, it means that it is the only link between your past lives and you, that it is also the only link between you and the spiritual world, therefore God.

If society and religions were telling the truth, then what would be the point of coming to live this life in a body, according to the laws written more than fifteen hundred or two thousand years ago and according to the values of wealth? If God was so controlling, directive, and possessive, he would simply have to keep our souls in a bottle or if he really had a chosen people, he would keep them close to him without taking the risk that his favorite little ones could be contaminated by other inferior peoples. As I explained in a previous chapter, the tool of prayer serves only to nourish our cerebral, it has no impact on our soul or

our evolution and worse, prayer hinders the opening of a spiritual channel, because it prevents us from concentrating.

The truth, the logic lies in the fact that only the soul survives, so we came into this life to inhabit a human body, because it is a vehicle that allows us to learn and evolve through joy, pain, and different physical obstacles. Of course, we would not have come here if we did not have full control of our evolution and if we did not possess all of the tools to ensure our spiritual, energetic, and physical independence.

The universe is fair, obstacles are put in our way to help us understand that something is wrong, that we must take a break and think about it all and that if necessary, find solutions. We have all of the tools to allow us to improve and evolve including our sensors, allowing us to see and feel things, we have our cerebral modules to allow us to think, to analyze. We have our inner strengths that allow us to manage our lives with the help of tools like inspiration, instinct, peace, calmness, awakening, the opening of spiritual channels, etc. In the end, if nothing is done on your part and you have not integrated your inner strengths in the management of your life, so allowing you to evolve spiritually, well, you will probably have to return in another human life in order to redo your homework.

I am not an expert in neurology, but to summarize your body, you have two types of intelligence; naturally there is your cerebral intelligence and there is also the one that comes from your soul, but for now let us talk about your cerebral. Your mind is made up of two principal parts that impact your rational

and emotional intelligence; I am talking about the central part that manages your mind and the part that contains the different modules such as memory, the self-preservation mechanisms, the tools for mind management, etc.

In the management part of your mind, there is one element that is crucial in the effectiveness of the management of your life and your relationships with others. I am talking about the cerebral state. Even if you have great cerebral abilities, a high IQ, if your cerebral state is in a red zone of non-efficacy, you will not even be able to reason correctly. In addition, the cerebral state is crucial in allowing you to integrate your soul into the management of your life. Also, the cerebral state affects your level of consciousness which allows you to be aware of situations or how you feel, etc. The key to happiness is to do everything you possibly can to keep your cerebral state in a green zone, and the higher the level you are in, the more you will be able to connect to your soul and use all of your inner strengths.

Cerebral states

The cerebral state is an element of your brain that has a major impact on your happiness, your ability to manage your life, and your state of consciousness about everything around you. For example, you may have an IQ of 200, but if your mind is in a high state of fear and a high emotional state like anger, you will not be able to reason effectively, your communication with others will be horrible and you will lose consciousness of reality and what is around you. The solution is to realize this with the “red zone or green zone” tool, and to apply the tools allowing you to control your mind in order to bring it gradually into a green zone.

In this high emotional cerebral state, you will be unable to open a spiritual connection. Another example of a cerebral state in the red zone is a person who thinks himself superior to others in order to compensate for a lack of self-esteem, like most authoritarian representatives of imperialistic societies or religions. In this case, it will be virtually impossible to exchange with them since they are in a one-way sense of communication, this being the emission of their needs, not to say their commands. This cerebral state cannot feel empathy or realize the negative impact it has on others and its surroundings, because it is not aware of reality. This is the main explanation for the atrocities that the imperialistic religions have committed on humanity, since they were too preoccupied with ruling, with forcing people to adopt their beliefs and destroying anything that could harm their needs for conquest. Needless to say that people adopting this cerebral state are unable to become enlightened and access a spiritual connection. When we think about it, it is still pathetic to know that these people who give as their mission to enlighten us regarding our spirituality, not only are they unable to live a real spirituality, but this explains why their teachings only nourish our cerebral and boil down to a repetition of reading laws and old documents dating back over two thousand years. They cannot explain to us how to live in the present moment and how to integrate our inner strengths in the daily management of our lives, clearly and in detail for the simple fundamental reason that they have no idea how it works or that universal spiritual energy exists.

Cerebral states vary according to many factors, external or internal to us, depending on the situation, the time factor, the development of the conversation,

etc. Except for the state of death which is permanent, it is possible to change the cerebral state using the various mind management tools, by effectively managing or eliminating/decreasing the elements that can have an impact on the cerebral state. You will find in the following diagram the principal states which will allow you to understand the overall idea of how the mind works, but in reality, there are grey areas; you can have an emotional and operational mix, or a fatigue and operational mix. On the other hand, for the coma, vegetative, sleep, and deficient/altered states, you cannot have several cerebral states at the same time, since these states monopolize your mind. Also, there are different degrees for each state; for example, if your mind is in a sick or hyper-tired emotional state, this will affect all of your interactions with others, but if you are only emotional towards one person, you may be in a different state for another person who is participating in the same conversation. It is the same thing if you are hyper-tired or very sick; these degrees will affect all of your interactions so there will be no possibility of managing different states at the same time.

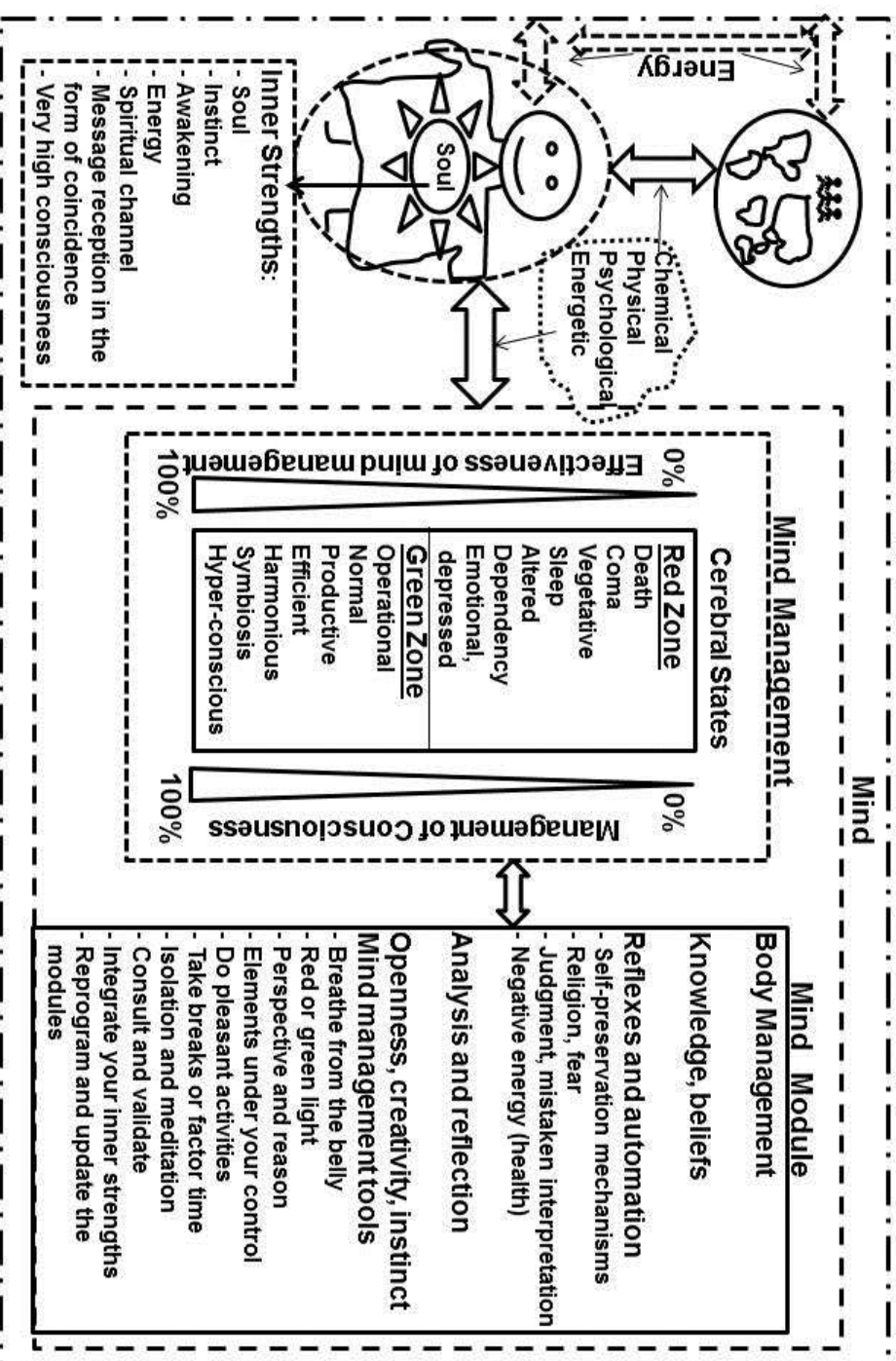
In summary, if a situation has brought you into a red zone type of cerebral state, you must do everything you can to begin the process of correcting the problem, including analysis of the situation, identification of the triggering element, solutions, etc. In the beginning, the problem will be an isolated case linked to the trigger situation, but if nothing is done to correct it, the problem will persist and the higher the degree of this cerebral state, the more it will gradually invade your mind until it becomes a permanent cerebral state that will impact other situations. For example, if you are not happy in your love life, then you will be in an

emotional cerebral state, but if nothing is done to correct the problem, you will go more and more into a high emotional cerebral state that will end up affecting other aspects of your life like work, other relationships, etc.

Network of elements impacting the mind and body



Astral Network (energy of peace, information, and healing)



Network of elements impacting of mind of body

Solutions and tools

The key element of happiness is primarily the management of the cerebral state. For this reason, it is necessary to do everything possible and learn to integrate all of the tools you possess, including your soul, into your life and put them at your disposal. We cannot control elements outside of our bodies or the cerebral states of the people who are on our path so anything can happen; on the other hand, you can prepare yourself for these eventualities by strengthening the management of your mind, by raising your cerebral state, your level of consciousness, and by learning to use all of the tools you have, to protect yourself from the dangers of fallout in the red zone. The sages have always said that one of the keys to happiness is to concentrate on the things we can control.

You must to learn how to manage your life and control your mind, among other things, by reprogramming your self-preservation mechanisms, by changing your values and beliefs according to who you are. When you feel you are stressed or afraid or you feel anger rising in you, learn to breathe from the belly, force yourself to take breaks and resist falling into the trap of using your automation module. In situations where you feel that you are in a red light, thus negative for you, you must first calm down to bring yourself into a green zone; deep and slow breathing is a very good tool, also later you will learn how to open a connection to the universal spiritual energy to help you. If that does not work, take a break and do an activity that you like, go get some air, try to find some perspective and reason, concentrate on what you can control, isolate yourself

and meditate. You can get help from a friend or a professional. Feel free to integrate your inner strengths, they will know how to guide you.

The more you live in a green zone cerebral state, the less you will generate conflicts and the better you will be able to effectively manage your life. The next section will help you better manage your life and also reprogram your reflex and automation modules.

Steps of mind reprogramming

Indirectly, your mind has been programmed by society, to manage your life by protecting you, among other things, when you generate negative emotions (anger, sadness, violence, denial, rejection, fear, etc.). You have not learned to manage them nor to try to understand the triggers (fear, collision of values, differences of opinion, etc.) for the purpose of being able to understand, solve problems at their root, and to reduce or eliminate the irritants in your life. To be happy, to control your mind and by the same token your cerebral state and thus be able to open sessions of awakening in order to integrate your inner strengths into your life, here is a recipe that you can use every day, that will allow you to both better manage your life, to reprogram at the same time your self-preservation mechanism module, and finally to be able to integrate all of your inner strengths and your cerebral tools.

Society has taught us to go fast, to produce, so unfortunately you have learned to ignore emotions and even to bury them inside you in order not to slow down in your quest for the obligatory results, productivity, and efficiency. You

were taught to skip steps and go directly to find a solution (or a culprit) quickly without doing any analysis, nor awareness, not surprising that most of the time, your solution did not have a good result and even made the situation worse. Yet ignoring and pushing all of these negative emotions down inside of you and jumping to the solution stage has disastrous consequences for your health, your cerebral state, and your happiness in the medium and long term. You may have heard some of these old expressions that have lost their true meaning over time, such as:

- to not eat our emotions;
- to make bad blood;
- to not take on other people's problems.

In your opinion, what was the real meaning of these old expressions that have travelled through time? However, the answer is simple: It is damaging to your health and your happiness to generate or to take on negative emotions without resolving them or worse to bury them or keep them inside you.

Most of the time when you have an emotion or pain, it is your body and your mind sending you messages that something is wrong, so it would be in your interest to take a break and take the time to go through your problem-solving process.

Your mind is constantly protecting itself against the worst possible scenarios that might affect you. In addition, it has learned to reject all blame or

responsibility in order to protect you from any potential danger, including disappointment, anger, reprimands, or the obligation to go out of your comfort zone and thus provide efforts to improve yourself, because time is money and you do not have the luxury of offering this time. The data programmed into your mind that generate these worst-case scenarios, come from either your past or the teachings of your entourage, which also come from the past. As a result, we almost never live in the present, since we base ourselves on data from the past to protect ourselves against possible scenarios that could happen in the future. Not only does this way of managing your life prevent you communicating effectively, but it harms your capacity to listen and your perception of reality because during the discussion with your interlocutor, you are focused on constantly interpreting the latter's words, imagining the worst script without validation, and you apply solutions according to an unreal situation since it comes from your mind. The consequence is that your mind manages you, thinking to protect you, but the result is quite the opposite because not only are you not living in the present or in reality, but you generate more conflicts rather than solving them, which causes you stress and even more negative energies for you and others.

Here is the recipe for happiness, which consists of following these 11 steps every time you have a negative emotion or discomfort, allowing you to solve your everyday problems and also, preventing you from creating others. By integrating these steps of mind management on a daily basis, you will be able to gain more access to your lasting happiness, maintain better relationships with

yourself and others and therefore, they will help you to maintain a cerebral state and a consciousness in the green zone, so you will be able to access universal spiritual energy more easily. Like anything, at first it will be more difficult, but as you develop your skills, it will become child's play and you will be able to manage your life, before your mind applies these steps itself in a very bad way. The purpose of integrating this recipe into the management of your life is to allow you to become aware as quickly as possible that you are in a situation of discomfort, that something is wrong before your poorly programmed mind can generate other problems in order to supposedly protect you. Tell yourself that your mind, your computer, manages your life without your being aware of it, according to mathematical equations, but especially based on your self-preservation mechanisms and most of the time, in anticipation of the worst possible scenario. By integrating the following recipe and with practice, you will take possession of your mind and be able to use all of your inner strengths, all of the tools as well as all the forms of intelligence that are at your disposal, such as your soul, your emotional intelligence, perspective, the technique of working solely on what belongs to you or that you can control, universal spiritual energy, breathing from the belly, and visualization.

Pay attention to your emotions (red light);

Understand your feelings;

Identify the problem, the why?;

Identify your needs;

Identify possible solutions;

Analyze the solution with your needs;

Make a decision; 8- Put a plan in place, the how?;

Integrate a solution;

Analyze the results, if positive and a winning solution, end of the process;

If improvements are necessary, repeat steps 2 and 3.

1- Pay attention to your emotions

As explained in this book, you have come into this human life to experience obstacles, including people who will expose you to your weaknesses and failures so that you can improve and evolve. Also, you have at your disposal all of the necessary tools to help you throughout your life. Among other things, your body and your soul talk to you through your emotions and feelings so it is pointless to run away from a negative emotion without trying to confront it and ultimately to solve it. By facing all of these obstacles, as you go along, you will see that these same situations will stop happening, because they will no longer be necessary since you have understood and thus evolved.

The more you apply this recipe for happiness, the more you will be able to become aware very quickly that something is wrong and thus be able to undertake this process before your mind does it for you, polluting your life more. I often apply the red and green light tool, which is very useful to me. As soon as I feel a discomfort in me, that something or someone is affecting me or someone

tells me things like: you look tired, stressed, irritated, impatient, aggressive, preoccupied, horrified, angry, afraid, etc., I stop and identify if I am in a red or green light zone. In the case of a green light, I savour the moment, but in the case of a red light, I immediately begin the process of the recipe for happiness and I go to step 2.

2- Understand your feelings

Once you become aware that you are in a negative emotion or feeling, you must try to understand it. Close your eyes and focus on the moment. Do not hesitate to use the technique of breathing from the belly or if necessary, if you are too stressed or affected, open a channel of universal spiritual energy (refer to the chapter on this subject) or go take a walk. By applying your tools, inspiration will come from your soul or elsewhere and little by little you will receive the answer. Here are the main negative emotions or feelings: fatigue, stress, irritation, fear, impatience, aggression, anger, concern, sadness, disappointment, pain, insecurity, and illness. Take your time, it is very important that you identify the real or true emotions/feelings so be careful not fall into the trap of wanting to go too fast. As soon as you are sure of the answer, go to step 3.

3- Identify the problem, the why?

Once you clearly know your emotion/negative feeling, you can start its analysis to determine the trigger or cause of your negative emotional state. Take your time to properly identify the real cause and not a consequence. For example, if a person stresses or irritates you, be aware that this is a consequence and that

you need to delve deeper inside yourself to understand the cause. In general, when we do not like a person, it is because that person reflects a part of us that we do not like; this is the mirror theory. No one likes to look at him or herself in the mirror, that is why this kind of situation irritates us, but you will come out a winner if you take the time to identify what irritates you and then to understand why this aspect causes you negative feelings or emotions. Again, you definitely must reprogram your mind so that it can change its way of approaching negative situations where some people cause you these worries. Thus, your mind must understand that these people or situations forcing you to work on yourself are your allies, that they provoke opportunities for you to evolve, since you have come into this life for that reason. Therefore, rather than letting your mind take responsibility and continue to repeatedly generate conflicts with these people as well as negative emotions, not only will you be able to adjust your weaknesses, but you will be able to maintain better relations with these allies.

It is essential to properly identify the true cause(s) because otherwise, all the rest of this process will be wrong; you will waste your time, the situation will worsen, and you will have to start the process over when the same sort of situation occurs, but stronger and stronger, until you understand that you have work to do on yourself. Do not forget that the mind often prepares for the worst-case scenario so therefore it constantly interprets people's intentions and messages, causing false conflicts, so by applying this process you will be able to stop your mind interpreting and letting itself go into self-preservation mode and living in unreal situations. With practice, you will be able to quickly identify the

cause of the problem, which is that your mind has falsely misinterpreted, that it has put you in a cerebral state of stress or fear or violence and that instead of going into defense or attack mode, you only have to express your worries, your fears, and validate the other person's intentions. Validating the intentions of the other is an extremely useful and effective tool and quickly defuses potential false conflicts, so do not hesitate to express your discomfort by using the "I" technique and asking the other person directly what he or she meant to say or really thought. Do not be embarrassed to express your emotions and to validate your understanding towards the other. The more you apply your validation process towards others, the less your mind will interpret; it will even lose confidence and stop always wanting to prepare you for the worst possible scenarios. The beauty of this validation process is that not only will you reprogram your mind to better manage your communication, but indirectly you will also teach your entourage the right way to communicate and manage relationships.

4- Identify your needs

It is very important to identify your needs regarding a problem, before jumping on a false solution, because it will not solve your problem and the same situation will come back to haunt you. Our minds have learned to often apply quick solutions of compensation or transfer of responsibility on someone else, such as escape, fear of disappointing, the need to please, buying peace, quickly getting rid of the problem in order to avoid suffering or having to work on ourselves. Use your tools, breathing from the belly, inspiration from your soul, universal spiritual energy, etc., to help you identify your needs or desires in the

face of a problem. Try as much as possible to identify your primary rather than your secondary needs. Through this exercise, you will realize that your mind is often the cause of the problem, because it was poorly programmed either to put itself above others, to constantly seek the energy of others through the false need of always wanting more, to be the center of attraction, to be the best, to be rich, to feel important, or to always protect itself by rejecting criticism or the responsibilities of a poor result and convincing itself that you are perfect. There are also false needs of emotional compensation caused by a lack of self-esteem; you often look for solutions to either please or run away, because it saves you from facing your fears in order to buy peace, to your detriment and that of others. For example, your spouse is abusive towards you or your children, yet you do not step in and you accept the situation, but even worse you say that he is nevertheless a good guy or that it is only a bad spell to get through, or that the problem will be solved by magic. You remember we have said that life forces us to improve and resolve our weaknesses? By constantly ignoring your primary needs and adopting solutions where you are always the loser, not only will this not resolve the situation, but life will expose you more to this kind of situation, always increasing the pain and the negative effect, until you come to a realization, confront your fears, and solve them. It is the same thing for people who steal the energy of others in order to compensate for an emotional problem.

5- Identify possible solutions

Now that you know the problem, the cause, and your primary needs as much as possible connected to the problematic situation, you can begin to

identify the possible solutions. To help you identify possible solutions, you can use your tools and inner strengths. At this point, it is important to make a list and not analyze or reject certain solutions. The following are possible solutions: stop seeing the person who is causing you discomfort; validate the other person's intentions; ignore the person; move; accept the situation; accept being a victim; go take a walk; live in denial; consult a trusted person; confront the other person; communicate your discomfort and needs; get help; request a meeting with or without the presence of a mediator; signify to the person, inform him or her of the situation and the consequences on you; take a deep breath; stop the discussion to allow you to return to a cerebral state in the green zone; and inform the other person that you cannot accept this kind of behavior, explain the reasons and the next steps.

6- Analyze the solution with your needs

At this stage you must analyze each solution by identifying the pros and cons, but always taking care to ensure that the solution meets your needs without respect to the other person. Let us say that win-win solutions are always more likely to succeed, but resist the temptation to buy peace or to deny your needs for the purpose of pleasing the other or out of fear, because life will take care to put the same situation on your path again. The first times you apply this process will not be easy and it will take time, but with practice you will get very fast results as is the case for your mind that manages to do it in a few seconds. Resist the temptation of solutions that blame others and disempower you. In general, we are responsible for what happens to us so strive to work on yourself,

accept your responsibilities and opt for solutions that will allow you to solve problems, to work on your weaknesses, to improve yourself and finally, to evolve. Do not forget that if you avoid solving a problem or a situation, this same problem will come back to haunt you until you agree to work on yourself and improve yourself, because we all have an obligation to evolve; that is why we have come into this life.

7- Make a decision

Now after completing steps 1 to 6, you are ready to make a decision by choosing the solution or solutions that you think are the best at the moment. I say “at the moment” because it is possible that the follow-up will indicate a change in your choice. It is even possible to choose a combination of solutions to create a temporary intermediate for the short-term that will be followed by a medium-term and long-term solution afterwards. Be conscientious when choosing this solution, because it will have a major impact on your life and the following steps, and because you will have to take responsibility for this choice. If the choice is not made well, you could spend months and even years not settling anything and it will be a waste of time and energy. Then you will have to repeat the process. In my experience, 80% of people make the wrong decision because the needs step is not well defined and neither is the cause of the problem. That is why people feel frustrated and they feel that nothing works for them. To know if you have made the right choice, do the red light – green light exercise.

8- Put a plan in place, the how?

Now that you have made your decision, you must devise a plan to ensure the success of this choice. The writing tool can help you put your strategy on paper to remember it step by step. If your choice involves another person or group, it will be important to find a neutral place to talk comfortably with that person or group. You must prepare yourself, because this step could be emotional for you and the others. Sometimes you will need to choose the right level of language in advance and stick to what you have decided beforehand. Effective means of communication will have to be put in place, speak with your heart and in “I” without attacking, and take care to listen to the other or others. You must set up a comfortable climate to have a win-win level between the two parties. If the person or group responds strongly to your comments, you must resist the temptation to accept a losing compromise to help them feel better.

It is important to remember that now you are aware of how we live only with the human side, people manipulate by communicating with their minds; that is why we are explaining to you how the mind works and how poorly people communicate. The first reaction on the human side of a person is almost always defense; the fact that you know this should help you to have an open heart and a gentleness towards the other to help him or her gradually understand your point of view without feeling offended. Defense is followed most of the time by rejection, denial, and manipulation, and communication risks being cut off by these obstacles. If the person cuts communication, you can say something like: “We will resume this conversation another time, because I feel that my needs are not

being listened to,” but above all do not attack the other. Knowing that these normal reactions of the mind exist will help you manage the thing by remaining neutral and asking the other for all of his or her attention. If the person or group is closed, say what you feel and let a little time pass to help you without losing sight of your goal. It is possible that you will need several meetings to be able to express yourself clearly and to pass your message while letting the other party absorb the new information. Being emotional will not help you; let the others express themselves as they feel if necessary by listening without judgment while keeping your goal clear. Do not hesitate to tell them that you know this is not an easy situation for them, but you think you can both come out winners by changing to this way of doing things from now on. Reassure your interlocutor especially if the person had no idea of the problem while you have spent hours planning an improvement in the situation. Have as much love for yourself as for the people who have to listen to your grievances and stop the discussion if you feel that it is no longer comfortable by making another appointment. Make it clear that you want to have a win-win situation and that you are ready to listen to the solutions proposed, other than your own, without ever losing sight of your needs and certainties. Active listening will help you and rephrasing what the other has just said is also effective, but above all be calm and the other’s storm will blow out if it is not fed needlessly. Be the wisest of the parties by speaking calmly and respectfully; the other party will be grateful even if the person or group does not initially agree with you, and if you have prepared arguments to help you.

9- Integrate a solution

This step consists simply of integrating your solution according to your plan.

10- Analyze the results

This step is very important, but many people do not take the time to do it. Without this step of analysis, you will not know if the solution is adequate or if it will subsequently need an adjustment and improvements. Use your tools and your inner strengths to feel if the result has enabled you to become aware of your problem, that it is settled and that it has allowed you to evolve. Once the solution has been integrated, the analysis allows you to check if it is working properly. The analysis also allows you to check whether the results are win-win and if the needs are respected. If you still feel a red light when thinking about this situation, there is still discomfort. For example: if you spoke to one person and he or she did not listen, you would need to organize another meeting and explain this. After a while if the changes still do not come to pass, you will have to proceed to the next step and repeat steps 2 and 3.

11- If improvements are necessary

Based on step 10, if you identify that the solution is not working properly, you will need to repeat the process from step 2. I know it is not easy to start over, but that is the only way to get back to a win-win situation. At the beginning it will take you some time to go through the whole process, but reassure yourself that it will become easier and will be based on your experiences and not that of others.

Do not forget to use all of your tools and inner strengths throughout this process and to integrate them into the management of your life in order to take control of your mind.

Do not let your emotions, your fears, and your poorly programmed mind distance you from your goal and make you talk nonsense, because you will not be taken seriously when a sentence proving your level of maturity will simply help and bring more love and respect to any situation. You will gain by using this process on several aspects of your life, you will feel an increase in maturity, you will feel an opportunity to improve your life, to use and awaken the strengths within you, and you will feel in control of your life. Also, you will observe a change in behaviour in the people around you; they will stop stealing your precious energy, because you will not allow it, and you will stop your mind from generating unnecessary conflicts. This is the only way you can change the world little by little by allowing them to pay attention to both sides of their personality and live in harmony with both sides. Finally, this will cause much less conflict and by the same token, your mind will be in a green zone cerebral state and a high level of consciousness more often, allowing you to live in harmony with yourself and others, and you will be able to further develop your inner strengths and your spirituality with the ultimate goal of ensuring your being a spiritual evolution.

10. My alliance treaty

As I gradually rediscovered my child's heart, my happiness, and my inner strengths, I realized that I was increasingly meeting people on my path who had personal problems, mental illnesses, and were even suicidal. I have always been a natural caregiver; at school I loved helping my classmates by explaining in my own words the subject taught. As I grew older, I continued this way of helping people from every point of view, because my inner strengths allowed me to do so since simultaneously I could feel their distress, read the real cause, see the options and risks, and be able to enlighten them. In spite of my good faith and my motivation, in the long run I found it a little difficult, because most of the time I was helping people who were not even aware of their problems or the real causes. So as soon as I brought the truth to their conscious, their first reaction involved their self-preservation mechanisms, and not only did they reject their truth, but they denied their responsibility by insulting me and blaming me for all of their problems and wounds. I am used to this kind of reaction, because all human beings react in the same way; the first step in their realization is denial, rejection, protection, and fear of being read, followed by disempowerment by counterattack against the external threat, as taught by society.

Without listing all of the cases I have helped in my life (there are more than a thousand), here are a few. At the age of twenty-nine or thirty, I was confronted with suicide for the first time; a person very close to me tried to end his life twice over a period of three years. When I was thirty-one, a work colleague with whom I had spent three days tried to reason with this person on a

business trip, but without results because he committed the irreparable a few weeks later. Around this time, I saved a friend from drowning. I was also doing a lot of coaching or mentoring at work; I had quite a few cases of burnout and severe depression. One time I met a woman via an Internet network; the goal was to see if we had chemistry between us, but upon meeting, I quickly realized that something was wrong with her. When I came back home, I listened to my instinct and immediately contacted her to confront her about my feelings. Naturally, there was the stage of denial and then the counterattack against me, but fortunately I know the mind perfectly so every time, I tightened the pressure on her mind so that she would crack and let me in. She confessed to me that she actually wanted to end her days and that everything was ready, the rope, the knot, the booking of the hotel room, and that she was only waiting for the mid-session holidays to do it so there would not be too much impact on her students. I also had heavy cases during my travels, among other things where a mother wanted to end her life, taking her baby with her.

The life lesson from Yves

An example of motivation that I use a lot and even for myself when I think I have insurmountable problems is the case of a work colleague. For several years, we had been spending our lunch hours talking about everything and nothing. I liked talking to Yves very much, because he had a lot of knowledge and a spirited wit. He was an extremely competent person, but he did not believe in himself, even though he had a Doctorate in physics. He held a job that did not particularly involve his intellectual abilities, he had a good salary, but he lived

modestly in a room with a family he did not even know. A year before his death, I had tried to shake up his mind by telling him that he should allow himself to live more, to trust himself, that while he loved to travel with his sister, instead of waiting for her once a year, he could travel alone and that I would help him make a travel plan to visit the beautiful kingdom of the Saguenay. I gave him the travel plan with all of my advice, but he never dared to let go or confront his fears. A year later, like every morning, I greeted him as soon as I saw him enter the office, but one bad morning, I noticed that he was limping on one leg and I told him of my observation. He said that he had not even noticed, that he did not understand, because he had not had an accident or any pain. I followed my instincts and told him immediately that he must consult a doctor and he replied that he would do it the same night. During the evening I really did not have a good feeling about this story and it worsened the next day when Yves did not come in to work. A few days passed without seeing Yves, so I decided to call him on his cell phone. He told me that he had gone to the hospital as agreed, but since then he had not come out and was waiting for the results of tests. The announcement of the results fell heavily like a massive blow to my head, paralyzing me for a brief moment: Yves was suffering from a degenerative spinal cord disease, the progression was rapid, and he should prepare to die because he had no chance of survival. With the help of my colleagues, we organized visits every day, bringing him books and fruits, because he liked them very much, as well as music. Between the morning I saw him limping and his death, it was exactly two months and I could not even be with him in the last moments, because I was on

a business trip and it was my vice president who called me to give me the sad news. Do you find that there is a connection between his illness and his unhappiness in life? Since that time, when I think I have big problems, I just have to think about Yves and I can confirm that my mind says, "No, not really."

My biological mother died of Alzheimer's disease, after a meteoric progression. Do you think there is a connection between her illness and the fact that she denied all responsibility and any memory of the past related to the fact that she failed to effectively protect her children from domestic violence, that even worse, she blamed us? I was quite close to my mother. In my youth, we spent a lot of time together; she would take me shopping with her at lunch time, and we would eat in the small restaurant located in the basement of the Gagnon & Frères store. Also, she would take me with her to her favourite activity, which was bowling. These were the only moments when I saw my mother's true personality: smiling, playful, extroverted, and free from stress. Despite my young age, I was very awake and aware of many things and since I felt close to my mother, I could afford to approach very sensitive topics with her. I could clearly see the unhealthy family climate that my biological father kept, so on several occasions I brought up the subject of why she did not ask for a divorce, adding that I did not love my father and that I found he was not a good person, that we could be much happier without him. I remember like it was yesterday, whenever I asked her to leave our father, I felt her heart stop beating and that she was completely paralyzed by fear, unable even to formulate a structured and clear answer. Even if her reply was limited to, "Ah, well let's see, stop that," with my

gifts I could very well read the reasons why she was unable to conceive of this option. In fact, as I have explained earlier, fear involves the mind's module for its self-preservation mechanisms and completely disables the ability to reason, thus affecting the level of consciousness of reality. There were several elements of fear in my mother, among others, the fear of facing my father, the fear of having to take full responsibility for the family, the fear that her image would be adversely affected in her entourage including religion, etc. The result of all of these fears was stronger than the primary need of a mother to do everything to protect her family. Not surprising that the element of fear was used outrageously and this is still the case today for quite a few religions and imperialistic organizations. My mother's fears were likely becoming unbearable over time, which explains why her mind, to relieve responsibility, preferred to conclude that the problem was with some of her children in order initially to deny reality, and subsequently, she opened the door wide to the forgetting disease.

My mind's acceptance

Inside of me, from a young age, I always knew who I was and what my three missions in this human life were, but you understand that my mind, programmed by society and religion, was organized to reject and deny all of this information and prevented any awareness of it. Helping people seems easy but when one of your roles is to bring their problems from their subconscious to their conscious, it is a colossal task which generates a lot of negative energies in the early stages of intervention, because the other people also have programmed minds. For a while I continued to help people, but it was becoming more and

more difficult because my mind was saying that I would be so much happier if I stopped helping people and if I disavowed my inner strengths.

My mind regularly had doubts about my mission and it was getting tired in the face of all of these negative energies coming from the people I wanted to help, so it was waging war on my being. During an awakening session, I was inspired to go and see people who had the gift of opening a spiritual channel so I could confirm certain things. So, I consulted several people, I even participated in spirituality sessions during meetings organized by a spiritual church group or something like that.

Out of all of these meetings, I would say that four people really helped me, including one who was specialized in the reading of our previous human lives to allow us to become aware of the strengths and weaknesses connected to our souls. It was the first time a person confirmed to me that I was close to the archangel Michael. During our session she had a visit from him and because she had the gift of clairvoyance and her body vibration level was high she was able to see him, but this was not the case for me, unfortunately.

The second person could see spirits living in the astral plane coming to our meeting, but her greatest strength was to be able to connect to us and bring our bodies to a very high level of vibration and consciousness, allowing us to see spirits and objects in their energetic forms. During this session, the woman confirmed to me that I had gifts, among others the power to heal people. During the session, she raised the level of my body vibration to allow me to see things

on their energetic plane, then she brought the spirit of Brother André as he was a great healer, so I had the chance to see him and I even had the honour that he came into me, for a brief moment, through my back. It was the first time I had the chance to visually observe a being living in the astral plane; it did not have a physical body like ours as it consisted of several layers of shadows of different colours. I saw it appear in the room, then it headed towards the woman and it leaned slightly towards her ear to slip her a few words and afterward it came to me, went around me, and entered me. It was quite an amazing experience. Beginning with this experience, I also understood that resurrection does not exist and that a being living in the astral plane cannot physically materialize instantly in a human body or take back its deceased body several days after its death. So, the stories told by religion that Jesus of Nazareth reappeared in his human body three days after his death and that he would have had a conversation, or that Muhammad and Abraham would have been physically embraced, in addition to conversing with angels or archangels with human bodies are completely impossible. Their scriptures are very clear reciting these stories that these beings from the astral plane had human bodies, that they were dressed in white, that they physically touched the people present and that they had conversations through actual words. Again, it is completely impossible, because the beings that live in the astral plane communicate by thought and not verbally since they have no vocal chords, let alone a human body. And to all who will tell me that these characters may have seen the energetic form of these beings living in the astral plane, I will answer that I do not believe for a second that these characters or

people managed to be in such a high cerebral state and level of consciousness, spontaneously, that they managed to bring their bodily vibration to a level that allowed them to see and hear the thoughts of all of these beings. Beings in the astral plane, such as angels or archangels or beings of light continue to be present in our daily lives, as they have always been, but for the reasons mentioned above, most of us cannot see them energetically. On the other hand, why do you believe that all of the representatives of these religions have magically stopped having physical appearances of these beings for the last fifteen hundred or two thousand years, even though these beings living in the astral plane still exist? The life of Brother André is the perfect example of the ill will, the misunderstanding, and the lack of desire to understand the truth about true spirituality on the part of the religious authorities. Brother André had exceptional inner strength for healing, but despite attracting large crowds and generating a lot of income, he was ignored for the most part by his employers in Rome and he had appalling living conditions. For example, he had a tiny room and a simple plank of wood as a bed. The worst is that years after his death, his employers in Rome made political capital and they allowed the continuation of the inheritance of magical thoughts and a great influx of religious tourists by canonizing him a saint, but still without wanting to understand the truth and thus being able to teach it to everyone. The truth is that everyone has inner strengths, so this is normal; there is no need to be a saint or a divine or magical being. In the next chapters you will see how to develop your inner strengths and open spiritual channels.

The third person organized sessions in small groups; she answered our questions with the information she obtained from the spiritual channel she opened. During this session there was a spirit that came to treat my back pain. What came out of the meeting was that if I continued to heal people without protecting myself, my body would die young and for this reason I would soon meet a person who would teach me to protect and heal myself.

The fourth person was the most important in my search for confirmation of who I am. Given that I have a logical, scientific, and analytical brain, I only gave my first name and email address so as not to influence the outcome. I will remember my whole life the first moment when this lady saw me, she smiled with a look of great surprise, saying, "Please come in and close the door." The next hour was delectable for my soul and convincing for my mind. She said to me:

"I'm really surprised to see in my office, but above all to have the chance to meet in my lifetime, a rare being like you who came to earth in this life, because you are an XXXX incarnate (ah, as the American Indians believed, who comes to you is not important, but it is the result that counts). Everything I'm going to tell you, you already know, and I don't understand why you need to see me. Last night when I focused on our meeting, I was told that you were very close to the archangel Michael, that you and he are very similar, because you feed on righteousness and you fight in the name of truth. During our session, I will open a spiritual channel and we will come into direct contact with your spiritual guides who have been following you from the beginning of this human life so they know you

very well and know all about you.” She reminded me that I already knew everything she was going to tell me, but that my mind must have had trouble accepting my being, because it had been programmed too much to the flavour of the Catholic religion. “You came into this life with your assortment of gifts in order to be able to help and you have the ultimate spiritual protection, that no one can cross you, that your body is purified at all times, that your heart is constantly illuminated and that it is like a pure child, because nothing sticks to it. Your level of awareness and understanding are so high that this has caused you problems since you were young in this life, you feel others do not understand you and you have to carry out your missions alone. I’m going to reconfirm your three missions, but once again, I’m told you already know them.”

In conclusion, she taught me that after transferring a person’s illness or pain into my body, I should have myself healed by opening a spiritual channel or having the beings of light come. She confirmed to me that I must connect to human bodies and transfer their diseases into me because most human minds are wrongly programmed, thus they systematically block the spiritual connection, including any visits from beings of light or healing beings.

It was then that she confirmed to me verbatim, exactly what I had always known, but that my mind had always rejected; this was the final blow to my mind, which gave up its weapons in the face of all of these proofs of truth. My three missions are:

- To help people in any way possible, including life coaching;
- To heal the people I meet on my path, but those whom I deem necessary and expedient;
- To protect souls.

As I was leaving this wonderful encounter I was so relieved, the battle inside me was finally over so I could move on and concentrate on my mission. It became obvious that I could no longer continue with my employment; it was causing me too much stress anyway, which was detrimental to my cerebral state. To develop my body and to get it used to receiving these large amounts of energy, but especially to program my mind to be managed by my soul from that moment on. I asked my employer to put my name on the lists of layoffs as I had heard rumors that this would happen within a few months. My employer accepted and with the year of pay I received I travelled around the world, but in a context where I was helping as many people as possible along the way and I was studying the different cultures to see how the truth had been altered by the process of cerebralization. But above all, I visited many of the sites associated with past religions and ancient empires, to verify if I could enter into communication with certain spirits that still roamed in these supposedly sacred places.

11. Our teachings of the pure truth

Throughout my travels, I have met many people from every culture; so far, I have visited over forty-five countries in Asia, Europe, Oceania, and America. I have had the chance to visit sites and temples dating back over one thousand years, and to study thousands of work of art treating the creation of humanity, some of which still contain the message of pure truth without having been cerebralized.

In 2011, during my sabbatical year, I visited more than twenty-eight countries in Europe, and cities from Barcelona where the Sagrada Familia is located, Florence, Budapest, Berlin, and Brussels, to the mother city of Christianity, Rome, where I felt nothing in particular except that St. Peter's Basilica is a beautiful museum. In Istanbul, Turkey I visited their principal mosque, but there again I felt nothing special. Then I visited the ancient site of Ephesus which is beautiful, as well as Pamukkale which is exceptional, the ancestor of the modern spa. The mountain is completely white, it can be seen more than 50 kilometres away, because the rivers above are saturated with mineral salts and carbon dioxide so as soon as the water comes in contact with the sun it evaporates, and calcium carbonate is deposited. The bequeather of magical thoughts did his work in the distant past, for rumours have spread that this water can rejuvenate and even heal some diseases and infections. Today we can still bathe in the thermal swimming pool baptized, "Cleopatra's Pool," because the story says she once bathed there. People went there from everywhere, especially very ill rich people, but of course, magical thoughts are always caught

up by reality, so on this subject, there are more than twelve hundred tombs built over a total area of 14 km on the site.

From 2012 to 2018, I visited eight countries in Asia (China, Thailand, Indonesia, the Philippines, Malaysia, Vietnam, Hong Kong, and Cambodia). My favourite country in Asia for its spirituality, its peace, and the cerebral beauty of the people is Thailand; it is not for nothing that I have so far spent more than two and a half years there. There are many points in common between the Thais and the American Indians. For the beauty and the antiquity of the temples, I like the city of Siem Reap in Cambodia very much. In my opinion, it is the most spectacular place in the world from the point of view of archaeological temples, with more than forty major sites containing temples, some of which are almost one thousand years old. Unfortunately, many of the works of art were destroyed during power conquests because their messages went against the beliefs of the invaders. This kind of behaviour still happens today; not so long ago one of the oldest archaeological sites in India was destroyed.

Between my travels, I had the opportunity to treat a woman who had breast cancer; we succeeded in deactivating the cancer. I say “we,” because the person must also work on his or her side, his or her cerebral state. During the treatments, I realized that the negative energy nourishing the cancerous cells was coming from the left side of the belly. Do not eat your emotions, do not generate bad blood. Later, the person admitted to me that she was a Reiki master, but she told me she preferred my treatments because I was much more powerful than the techniques she learned.

Buddhism

Even though I have liberated my mind of all religion and I control it well, I must admit that of all the sects, religions, and beliefs, I share some understandings very similar to Buddhism for several reasons. The first reason is that in Buddhist countries like Thailand there is a certain peace, a calm, a serenity, a respect, humility, and a charming spontaneity. I have trouble explaining why the culture of this country has not been destroyed as has happened in many places in the world. One thing is certain: they have been able to maintain their spirituality since they were not invaded by imperialistic countries and religions. So, every time I go to Thailand, I feel like I am home and I feel the great spiritual resemblances with American Indian culture. The second reason is that this culture is so colourful, their temples are magnificent and their doors are always open, without the presence of fences 2.5 metres high nor barbed wire or armed guards. The third reason is that Buddhism is more a philosophy of life than a religion, whose origins are in India as a result of the awakening of its founder, Indian Siddhartha Gautama, who was born in the year 566 BCE, more than 2500 years before our era. The fourth reason is that Buddhism teaches meditation, ethics, psychological and philosophical theories, all addressed in the perspective of awakening. The fifth reason is that Buddhism was created before the periods of conquests for religious power. When I read some of his teachings, it is evident to me that Siddhartha Gautama was a sage who succeeded in awakening, for unlike other religious creators, he did not make war, did not commit a crime, and was not obsessed with money or women. So, his cerebral

state was much more likely to be in harmony with his soul, which allowed him to open spiritual channels. The last reason is fundamental; Buddhism is the only religion that does not promote a God, a conditional paradise, does not use fear as a means of manipulation and even better, it advocates simple rules and tools like meditation. This religion teaches that its principal actor, who is the Buddha, was a simple human like all humans, that every person has the same powers as he had and the same abilities and tools, that each of us is responsible for our being, our life, our actions, and our code of conduct. Buddhism goes further; it even teaches the tools of meditation and a healthy, harmonious life in order to raise our level of awakening and manage to establish an energy connection with our immediate and astral entourage. All of these teachings confirm that Siddhartha Gautama truly had an awakening, a great consciousness, a very good understanding of the human body, and above all, very great inner strengths and a good control of his mind, allowing him to be able to make spiritual connections.

And like shamanic science, Buddhism believes in the reincarnation of the soul, which is immortal. Unfortunately, over time the practitioners of this religion have somewhat distanced themselves from the original message, cerebralizing information, to convert the Buddha character from a simple human to a half-god, which has had the negative consequence of removing spiritual independence from humans.

I am not in the process of selling you a religion, but I must go through these explanations in order to bring you to reflection and a deep understanding so that you may, by yourself, know the truth.

Through my research, I have found works of art demonstrating the original teachings of the Buddha without them being cerebralized over time. For example, there are statues that show the Buddha meditating; as usual he is in a position well anchored in the earth to make his bond with earth energy like electricity. Then we see him positioning his two hands at the level of his heart, as a sign of spiritual connection to universal energy; one of his hands shows fingers joined together to demonstrate the symbol of concentration/meditation and the other hand is positioned opened outward as a sign of reception and emission of universal energy. And like all statues and works of art, we see a crown of energy all around him or around his head, indicating that his body is in a high state of energetic vibration, radiating after reception of universal energy.

How I can read and decode messages from ancient works of art, is for the simple reason that I am able to do what is demonstrated on them, and this long before I learned about the existence of Buddhism. The cerebralization process did its work so now, there are so many variances in the position of the Buddha, each posture has a magical meaning and therefore the true spiritual messages are disappearing.

The functions of the brain

The brain is an organ of our body which has enormous capacities and functions. I am sure you have already heard the following statement, that you only use a small part of its capacity. This always makes people react when they hear it, but have you ever wondered, what are the parts that are not used? Is it in terms of speed, memory, brain size, number of cells, IQ (intelligence quotient), processes, or functions? Can we fly, teleport, or something else? Unfortunately, I have never found a serious and credible research document on the subject. There are, however, a ton of IQ studies. Society has put much emphasis and valorization on rational intelligence, represented by the IQ.

The truth is that there are many forms of intelligence, such as emotional intelligence (EI), spiritual, artistic, creative, etc. It is impossible to evaluate a person's global intelligence, there are too many criteria and variances. For example, according to society's old obsolete criteria, an autistic person could not perform the standard IQ test, and yet they are geniuses in their own way and it is not uncommon to see them perform exceptional, even extraordinary tasks. In the past I had several discussions on the subject with one of my cousins, who regularly told me I was smarter than him because I had more education and I had studied more. Of course, I immediately replied that this was wrong, that everyone possesses their own capacities for genius within them just like him, a genius in sales and the art of creating a relationship of trust. I strongly suggest you keep away from the false prejudices surrounding the assessment of intelligence and

especially not judge people, because everyone is intelligent and possesses genius within them.

Let us go back to the unused parts of the brain. How could we, in a serious and rational way, identify the functions that our brain possesses but that we do not use?

On this subject, I believe very much in the sages who have existed through the different periods of the human era, who possessed a great consciousness, a great awakening, a profound understanding of humanity, who taught and delivered messages in order to help people understand things, to be independent, and to live in harmony with themselves and their surroundings. I believe very much in their teachings and their influence in various societies and eras. It is clear that they existed, because there are thousands of historical documents relating their passage through time, through centuries. Unfortunately, most of their true messages have been either diluted, modified, or lost over time. Among others: misunderstanding; ignorance; the need for power and the control of information; the need to make gods of them, so that their messages were modified and written as extraordinary and imaginary stories and tales; or simply because the process of transmitting word-of-mouth through time has its limits. Better yet, would it be possible that some sages coded their messages and teachings for fear of reprisal by certain members of society or for fear of the witch hunters of their era, who perpetrated great violence? They came to the conclusion that talking about the heart passed much better than the words “God,” “soul,” etc. And even today, it is easier to talk about the heart and repeat the

ancestral expressions without actually stopping to understand the real messages that lurk behind them. And if we pursue this reflection even further, perhaps it is in coded messages that these ancient expressions or ancestral messages have survived through time?

In short, although most of the messages coming from these sages have been altered, diluted, lost, or coded, some of them have survived over time, through expressions that are passed down from generation to generation. Even if society has lost or does not ask about their true meaning, these old ancestral expressions contain information and messages for those who want to pay attention to them. So, I think we should stop for a few moments to try to see and understand all of this and who knows, maybe they contain some answers related to the unused functions of our brains.

The bequeathed codes of the sages

Here is a little exercise in analysis, reflection, and reasoning. I have already done this exercise including research, over a twenty-year period of time, so I already have my answers. On the other hand, you will not need twenty years like I did so it is your turn to seek your answers!

Here is a very short summary of the main coded ancestral expressions. You only need to decode their true meanings and start a deep reflection. Take your time:

- You must follow your instincts;
- You must listen to your little inner voice;

- Have inspiration;
- Have a good conscience;
- You have a beautiful soul;
- Your guardian angels protect you;
- Spirit of analysis and synthesis;
- Critical mind;
- Have an open mind;
- Help yourself and heaven will help you;
- Have a flash of genius;
- It did not happen by chance;
- In life, there is no coincidence;
- God made us in his image;
- You have been enlightened;
- Ask God to help you;
- To be daydreaming;
- You have a nice energy, a beautiful aura;
- God is in your heart;

- Trust and you will be enlightened;
- We are our own worst enemy;
- To radiate with joy and happiness;
- There is electricity between you.

Moreover, when we look at most of the drawings of the gods and their representatives from the principal religions, for example, Buddha, Shiva, Krishna, Yahweh, Allah, Jesus, and the Hebrew God, they all have an aura or a beam of light, or a crown of energy, either around the heart or body or head or a combination of two or three of these. Also, in general, we see images of them surrounded by nature, the earth, animals or whatever, representing terrestrial life.

If we take the time to analyze and understand all of these ancient coded ancestral expressions and images, they all lead us to a reflection that we must surely have other forms of intelligence and functions within us. Therefore, we must also have other unknown cerebral functions in our brains in order to allow us to exploit them. For example:

- If we have a soul in us, how does the brain communicate and live with it?
- How does instinct function in the brain? Where does instinct come from and how does the mind bring it to our attention, make us aware of it?
- What does it mean to have an inspiration? If we stop and think about it properly, the word “inspiration” comes from the verb “to inspire,” which has two possible meanings: We inspire (inhale) outside air into us; or we are

inspired by something outside of us, either by someone or something. In both cases, it is a process that implies that something from the outside enters us, whether air or something else. In the situation where we are alone and we are doing an activity of reflection or creation, when we have an inspiration, this comes as a flash of genius or a brilliant idea, something that is not connected to our knowledge, or our culture, or our mind (creativity or imagination), a true and pure inspiration that comes from outside of us. In this case, where does the inspiration come from and how does the mind receive it, treat it, and make us aware of it?

- How can the mind receive help or information coming from heaven or god or the astral plane?

- Who or what generates the light or the flash of genius and how can the mind receive it?

- Who or what generates the energy and aura and how are they managed by the mind?

- Why do most of the drawings of religious figures have auras or wreaths of lights around them, in particular around the heart, head, or body? What is the message behind this? Do we also have these auras or wreaths around the heart and the head? If so, what would they be generated by?

- Also, why do the images representing these characters often depict them standing on the ground on earth or surrounded by terrestrial nature such as animals, water, mountains, trees, roots, etc.? What would be the

message behind this? According to society and beliefs, the gods live in heaven or in the celestial plane, so why are they shown as living on earth, that is to say, like a human? Would we be the gods or at least, would we be like them? Is there a place between the human body, the terrestrial connection, and the radiance of our heart, head, and body?

- What does it mean to be daydreaming and how does the mind do that?

- To radiate with joy or happiness or to have a beautiful energy; how does the mind do this and how do we feel the energy of others? Can our bodies, our cells, generate energy or receive or feel it?

- How can we listen to our heart? We are not speaking about an actual heart, which has no intelligence, apart from the heartbeat to circulate our blood. What would this form of intelligence be and what would be the link between our mind and our heart? Would there be something else in the area of the heart, another form of intelligence, allowing us to think or receive information and communicate it with our mind? How would this information be transmitted to the mind and in what form? How could the mind receive and analyze it and how would we be made aware of it?

- Would there be a link between the ancestral expressions such as follow your instinct, listen to your inner voice, have inspiration, God is in your heart, the heart has its reasons, love is infinite, you have a huge heart, etc.? Why are there so many expressions about the heart? Why do most of the drawings of the gods and sages, no matter the religion and the date, show

an aura, a crown of light or energy around the heart, the head, or all around the body?

- And finally, if God has made us in his image, does it mean that we also have great powers and abilities, that we have an eternal soul like him? How could he talk to us, communicate with us, and help us if we only have our IQ and our brain which dies? Even more, God has the ultimate intelligence, he certainly doesn't want to spend his days helping the whole world and having to do everything himself since we would only have prayer as a tool. It would be an insult to his intellect to think that God did not make us to be completely independent and fully equipped, in order to generate our own happiness, to heal ourselves, and to evolve spiritually through each of our lives.

- Some very serious studies have proven that the weight of the human body is not the same, as soon as the body dies, so this would indicate that the human body loses a certain mass immediately after its death. This confirms the thesis and the belief that we would have a soul/spirit in our body and that it leaves the body as soon as the latter dies, thus this weight loss would be associated with our soul, which is made of multiple layers of energy and which is immortal.

12. How to open a spiritual connection

The human body is an antenna

Out of pure love, our creators respect the ethics of leaving us completely free to manage our human lives, but they are very intelligent. So, like all good parents, they made sure that we had all of the tools necessary to be happy and spiritually independent, so they gave us a human body that could act like an antenna in order for us to be able to connect to them or to others at all times. In fact, the human body has the ability to receive and emit energy waves, because human cells can carry energy. Is it a coincidence? Does the universe tend to create unnecessary things? Some very serious scientific studies have demonstrated that human body cells can receive, carry, and emit energy. For those who still use an HD or UHF television or a radio, have you ever noticed that the reception of signals is best when you are close to these devices or even better, if you touch the antenna?

Our creators love us and if all we do is pray with the aim of constantly asking for something without the exchange of true love, of course they do not like this kind of harmful relationship. Think carefully about this, do your parents require you to pray, follow their laws, or prostrate yourself for them? Even though your parents will always be there to help and love you, do you really believe they are happy to feel that they are only providers at your service or worse, to know your prayers are motivated by fear towards them or in case paradise exists? So, why do imperialistic religions teach us to pray to acquire things in return, for fear of judgement day, or fear that we will be denied paradise? Do you really believe

that the repetition of the same prayers, day after day, devoid of any love or sincere emotions, make our creators happy? Why do imperialistic religions teach us only to say words in our messages devoid of any sentiment of love and sincerity since our communication with our creators is done only by using our minds and our words? For what reason have these religions, for two thousand years, never taught us that our creators have equipped our human bodies with cells capable of carrying energies and thus, able to emit or receive as a means of communication without need of intermediaries, priests, churches, or laws?

Our creators are beings of immense love and generosity; they have no need for power, control, hatred, violence, etc. They only want our happiness, for we are their equals, their peers, and they have created human bodies with antenna functions for the unique purpose that we stay connected together, all of us. Just like us, they need to feel our love, our sincerity, a profound link where there is an exchange, a communication free of fear and false cerebral needs. Of course their energies are love and peace, but they are also filled with information and even healing. Please, contrary to what you have been forced to believe for two thousand years, our creators are not our saviours. Do you see your parents as saviours? Not really; they are living beings like you and me, so do not be shy in your relationship that you will develop with them during your awakening sessions, do not be embarrassed to show some humour or to maintain a relationship of friendship between equals. Do not seek to know who they are and who comes to meet you during your awakening sessions because it is not important, and this will break the magic of the encounter since you will occupy

your mind with analyzing and searching, rather than being in a state of letting go and reception. Do not be afraid to let them come to you, because as the First Nations understood, these beings are related to you, they may even be a deceased member of your family or a friend or relative in another, previous life. This is the normal way of things.

Remember that human beings are all connected to one another, so we have the ability to feel each other's thoughts and emotions. Have you never felt any positive or negative energy from someone near you? We are constantly communicating with each other through our energies, but no one has taught us to pay attention or to develop this function of our human body. How many times in your life have you felt good in the company of a person you do not know, or the contrary, hated a person without ever having met him or her before? Remember the old phrases that are repeated while forgetting their true physical meaning; for example, it is often said that a person has good or bad energy, that there is electricity in the air when two beings love each other, so all of this confirms that we have the ability to communicate with each other through our energies.

Warning

Once you have managed to open some spiritual channels of communication and you have had an awakening, do not fall into the trap of wanting to be in an awakened state twenty-four hours a day, because that would be a mistake. These channels of communication are only accompanying tools and as we have explained in this book, you came to learn by making mistakes, so do not isolate yourself in meditation, nor seek a lifeline in order to escape your

responsibilities regarding your evolving obligations. So, do not try to free yourself from your obligations of improvement, evolution, and learning by transferring your responsibilities to provide sustained effort, because it will not work. As the saying goes: "Heaven helps those who help themselves." I know that for over three thousand years, human minds have been programmed to always seek a saviour such as the gods or Prince Charming through prayer and to wait for our problems to magically disappear. The negative consequences of the erroneous teachings of the imperialistic religions are catastrophic to the human being, because not only have they distanced us from our spirituality, but in addition, they have programmed our unconscious minds that hell is on earth and to dream of paradise at the end of our days. So, our minds think that we have to deal with everyday problems by believing that these are just bad times to go through, that someone will come and save us, and that paradise awaits us later. You must absolutely realize that paradise is everywhere in the present moment, that no matter where your earthly or astral life might be, you must work on yourself and again pay attention to the messages appearing through the obstacles of life. As mentioned in this book, the only thing that separates us from animals is our soul and the obligation to evolve spiritually and that is why the universe helps us to do it, by constantly putting obstacles in our lives. Have you never found that problems come back stronger every time you ignore them or repeat the same mistakes as long as you are not aware and you have not learned, that is, evolved? What do you think happens to the people who end their days? They have not

resolved anything, so they will have to start all over again; that is why it is so important to help them, to acknowledge the signs of those people seeking help.

You absolutely must reprogram your mind to free yourself from all of these false behaviours and magical thoughts. Remember that this is just one tool among many and that you have all come into this life to learn and improve, so that means you must continue to live normally, making mistakes which are the only way to learn. And especially to expose yourself to situations that will require you to work on your weaknesses; for example, do not see certain people as your enemies, but rather as your allies, because they indirectly help you to work on yourselves. When you meet people who irritate you or make you feel uncomfortable, know that they are only your mirrors and you are mainly the cause of these negative moments. Honestly, you should address these situations positively, even thank these people, because thanks to them, they provoke opportunities for you to become aware of your weaknesses and start your continuous improvement process, since you came for that. We learn much more in difficult situations. Also avoid the trap of feeling you are better than others because you have managed to access an awakening; do not lose your ethics, remain empathetic and humble, and instead help others to access these tools. The purpose of awakening and connecting to the universal spiritual energy is not to play god or live like a monk or become dependent upon this. It is a tool of accompaniment in your human life, thus you must continue to be human, to live in society, and to remain responsible for your happiness. The false permanent solutions of running away, such as living in places completely isolated from any

possibility of human failures or saying that animals are better than humans and thus isolating yourself emotionally from your peers, are to be avoided in your life.

Types of spiritual connection

There are three types of spiritual connection.

Your soul

The easiest connection to establish is the one with your soul inside you, because it requires less concentration and a lower cerebral state and consciousness. Remember the old adages that say: “Listen to your inner voice, your heart and your feelings,” or “Follow your hunches and instincts?” We continually repeat them from generation to generation, but we have forgotten their true meaning. Your soul constantly communicates with you through your intuition, your energy sensors, your emotions, and your feelings. The obstacles that prevent you from becoming aware of all of these messages is that most of you do not know you have a soul inside your body or you are afraid to admit it due to religious heritage or your cerebral state being in the red zone. Your soul even communicates with other souls in human bodies. Have you ever thought or said, “Ah, this person has a beautiful soul?” Living in harmony with your soul is the key to lasting happiness; it would be in your interest to develop and integrate it into the management of your life because, tell yourself, your soul is very wise and infinitely more knowledgeable than your mind. In addition, it has endless tools and resources.

Universal spiritual energy

The second type of connection is with the universal spiritual energy that is around you and which is always available. It is a bit like radio waves that are present around the earth; all you have to do is buy a device that can receive and decode them. In your case, the receiving and decoding device is your mind, the antenna is your body, and your cells take care of carrying and absorbing them throughout your body. This energy will bring you great inner peace and since it will increase your body's level of vibration, you will feel very light and free of any problem. There is nothing magical about it, it is the normal way of things. Remember that society and religions have programmed your mind to cerebralize things and make them magical or spectacular or even dangerous, so you must resist all of these false needs and not be afraid to let go and use all of the resources that are there for you. All of this is explained by science, it is only forgotten quantum physics. The universal spiritual energy also has healing properties for yourself and for others. The founders of Reiki understood this; however, like any cerebral beings, those who regained their understanding, cerebralized certain information so they created an organization that generates income despite the fact that this energy is accessible free of charge to all, and they developed rituals with magical formulas to open the channel. Once the channel is open and your body is occupied by this energy, you can pass it on to other people with or without contact. Some people use their hands, but I suggest you use your whole body as a transmitter, it is much more effective. Simply place yourself close to the person and redirect the universal spiritual energy into his or her body. Never force the entries and exits, let the power flow naturally. If you

feel tired or have any discomfort, you should definitely stop the session because that means you were giving your own energy. I repeat, before wishing to help others, you must absolutely master and become comfortable with this new tool on your own. Go step by step, do not rush things and especially be serene by quietly letting a little bit of this energy come into you at the beginning and do not play the hero. If you find that you are forcing too much, or if you become impatient or you have desires to become even more powerful, these are all signs that you have not disconnected your mind in the process.

As mentioned in this book, there is an enormous amount of information around you that has been cerebralized, but some works of art have survived the pursuers of power, because they thought these objects would help them carry messages from divinity and magical thoughts out of the reach of human beings. I hope this book will help you recognize the true hidden messages in the false stories or ancient works of art. For example, there is a common point between all of the major religions that have unknowingly continued to reproduce the same spiritual message through these works of art, a well-hidden truth from the sages who taught that every human body could connect to the universal spiritual energy. Islam is the only religion that was not originally inspired by a sage having experienced an awakening, so it only reproduced certain symbols conveyed by the magical thoughts of Christianity, since it is the mirror of the latter, in reaction to the Christian invasions. The common point of all of these religions is that their characters, in general, all have a crown of energy around their heads, as a sign that they have been chosen and deified by their god. The fundamental message

from First Nations around the world, from Siddhartha Gautama, founder of Buddhism, from the sage Jesus and not the Bible's Jesus of Nazareth, of the Buddha, Krishna, Shiva, John the Baptist, etc., is that every human being has the ability to connect to the universal spiritual energy and that once the body is connected, it becomes radiant with peace, happiness, and energy, hence the crowns of energy around the head or body and within the body. Look at all of the works of art representing the Buddha, he is in a position of spiritual meditation, seated on the earth to make his spiritual connection, and he is radiant with energy. Certain statues or images of Jesus are even more explicit; we see the sage Jesus, in a position of spiritual meditation. He is standing, arms outstretched with his hands open, the crown of universal energy around his head is magnificent but what is striking, for one of the rare times in a historical character is that we see his heart radiating and brimming with this energy. Remember that ancient statues of the Buddha, several centuries before the coming of the sage Jesus, shows him with his hands at the level of his heart, demonstrating that the area around the heart is an important entry and exit point when we are in a spiritual awakening session. I confirm that the two main points of entry and exit for the universal spiritual energy are the head and the heart. Of course there are other areas such as the hands and the feet, but they are secondary, and for that reason you are told to use your whole body when you want to redirect energy to another person.

Astral

The third type of spiritual connection is the astral. It is not impossible to achieve, but it requires you to be in complete harmony between your soul and your mind and it has several prerequisites. Among other things, it depends on the genetics of your soul, its astral progression, its spiritual gifts and finally, the reason for its coming into this life. You must be in harmony with your mind because this connection has great responsibilities, so it is extremely important that your mind is well controlled by your soul, because it must be free of all false needs and follow a code of ethics towards yourself and others. I would not have enough room in one book to explain everything about this connection and all of the possibilities associated with it. Briefly, with this connection, you can connect yourself to any human being or soul present in the celestial and this, regardless of the distance. Have you ever met a stranger and felt you already know him or her? I am not talking about physical attraction or that of minds which are constantly looking for soulmates to compensate for false emotional needs. Or have you ever felt you have seen a place before? I hope you no longer believe in religious teachings that tell you your soul must wait thousands of years for judgement and do nothing during that time. There is no final judgement nor people waiting for you with handcuffs. On the contrary, you are your only judge and the universe and the beings revolving around you are there to help you in your spiritual progression through your trials and errors. In summary, there is no wait nor waste of time; rather, the process of your spiritual evolution is done continuously through your human and celestial lives, so it is obvious that on your way you meet other living beings and that you can meet yourself in passing in

this life or another later life or in the astral plane. That is why in this book I insist on telling you that those who live in the astral plane, those who come to meet you, those who help you are your fellows, your friends or relatives, and above all not to be afraid of them and to maintain a relationship of love towards them rather than seeing them only as your saviours or service providers. The universe is an impartial wheel that rotates and evolves with your input so sometimes you need their help and later you will help those who have reached out to you before. I hope you understand why I tell you to stop prostrating yourself and repeating the same cerebral prayers towards them, because one day you will be in the same position as them and you will also hear the same prayers and cerebral requests, billions of times a day for eternity. Fortunately, the beings living in the astral do not hear the prayers and the cerebral demands because in any case, most of the time they come from false needs and beliefs and above all their only purpose is to take responsibility away from us and liberate us from our obligations to evolve spiritually through our efforts. The only messages that reach the astral plane are those that come from your heart and soul, from your true feelings. Now you know the reason why your cerebral prayers are never answered; I am the first to know since I prayed repeatedly the same words in my mind for the first twenty years of my life without anything happening. Think about it, what is the point of praying to the astral world so that they will keep a place in paradise, knowing that paradise is in you and that it follows you in all of your lives, no matter if you are in the terrestrial or the astral.

You have access to different levels of astral help depending on the strengths and progression of your soul. You can physically connect to people without any limit in distance and influence their bodies; for example, you can help them feel light and happy for a while, connect to their souls, remove pain, or transfer their health problems to your body. Afterwards, you will have to heal yourself or with the help of beings of lights. Through this connection, you can have access to information such as wisdom, some knowledge about the past, the present, and the future, and increase your level of awakening. Again, it is not important to know the beings who will come to help you through this connection, but who knows, maybe you will have the chance to have a visit from my friend the archangel Michael or another such as Gabriel, but rest assured, no one will grab you or be hostile towards you. Only Muhammad and the religions of laws use these kinds of messages to scare people. By the way, do you really believe that this character was truly able to open an astral spiritual connection knowing that his mind was greedy for riches, women (including a ten-year-old girl), and bloody military conquests.

I believe there have been many sages who have had access to this astral spiritual channel, among others the First Nations shamans, because throughout the history of humanity there have always been stories of people who had gifts or inner strengths such as treating or healing the human body. Remember in the chapter, "The Creation of my Vessel," I mention that my maternal grandmother transferred my mother's deadly illness to her body and then suddenly died. Although unfortunately I did not know her, my grandmother was considered a

midwife in her neighborhood. She helped people who had health problems, but especially pregnant women to give birth. It is obvious that she had gifts, inner strengths, and that she had access to the astral spiritual channel since she saved my mother by transferring her illness into her own body. Unfortunately, there was no user's manual so these people using their healing gifts were left to themselves and often they had to hide to practice. In short, she was another victim of religion because otherwise, she could have had access to a possible association of healers and even to books and courses that would have taught her how to heal herself. The Medical Association, which does not look favourably on people with healing gifts, would have an interest in working with them to learn new things and realizing that their ancestors were shamans who were also healers. During a discussion I had with a friend, a doctor from Washington, I told her that I wanted to go to the hospital so they could analyze me to help medical science, but she strongly advised me that they had intervention protocols and that they would force me to stay with them because of mental illness. Why do you think the police keep silent on the fact that sometimes they work with people who have psychic gifts in order to solve crimes? I have a friend who has the gift of being a bonesetter (in Quebec, a "ramancheur"), the ancestor of chiropractors. That is to say, he can see inside us and depending on the problem, he can reset limbs, muscles, or bones. My friend received as a gift an orthopedic table, very discreetly from a group of nurses to thank him for receiving some of their patients when modern science could not solve the problem. Be careful, I am not saying that modern science is not important, I am just telling you not to deny their origin

and to work together with the ultimate goal of developing better services and having better results.

The imperialistic societies and religions have tried to destroy the sages possessing gifts or inner strengths, for all of these people were harming their messages of conquest, that only the gods can heal us and save us and that we only have prayers as everyday tools. The campaigns of fear towards the gods have as their sole goal to distance us from our spirituality, our independence, and to prevent us from having the desire to understand the truths by the very fact of discovering that we all have inner strengths, and that we do not need intermediaries like religions, their representatives, or their books or objects deified by human minds. It is, however, atrocious and unfair that all of these imperialistic organizations have allowed themselves to kill thousands of sages under the pretext that they were the devil, witches or warlocks, with the blessing of society and people blinded by their religion. It is sad that these religious organizations have understood absolutely nothing and have changed nothing in their teachings, nor evolved, that they pretend not to know their stories, and they reject all responsibility. Even today, they are trying to camouflage atrocities committed by their representatives towards children to protect their imperialistic institution, the ultimate proof that they have nothing to do with the astral world and that they are not working in your interest or to help you develop your spirituality.

The fear of talking about the soul or revealing that we have gifts or inner strengths, or that we are different from what has been conveyed by societies and

religions for more than five thousand years, is the direct consequence of this orchestration to make you a colourless being and who obeys out of fear. If the religious representatives were truly sincere and in good faith, they would start from scratch, by way of an apology and with humility, and put all of their energy and resources into understanding the teaching of the messages of the sages and of those who have had an awakening; they could offer free courses in order to truly help people develop their spirituality for the purpose of evolving. I live the heritage of the fear of the gods and that only they can save us every day, because I have to fight to be able to help the people I meet on my path. Even though I show them concretely that every person has a soul and inner strengths, that I do healings, they welcome me negatively or coldly for fear of reprisals from their god or guilt of treason towards their god or fear of being different and thus exposing themselves to reprisals by society.

Conditions for opening a spiritual channel

Unfortunately, we are not in the First Nations period, so we must deal with the fact that our minds have been poorly programmed by society and religions for five thousand years, that we have learned to live only with our minds, that our lives are fast and stressful, that we live in cities and not in nature and especially, that we have a lot of protection mechanisms. So, there are more obstacles, but they are not impassable. In order to achieve awakening to open a spiritual channel, you do not need to have divine knowledge or be a god, nor to be struck by divinity and all of the magical accessories falsely taught for so long. To open a spiritual connection, it takes:

- a place where you feel good and you will not be disturbed;

- a cerebral state in the green zone, as high as possible in order to feel sufficiently happy and in harmony with yourself;

- a level of consciousness that allows you to feel your body, your soul, your emotions, your emitters and receptors of energy and everything around you. Do not search to know the identity of the beings who will come or to analyze what happens when you open a spiritual connection because all of these activities are cerebral, so they are harmful to your session. The American Indians understood that we had to be in the present moment in harmony with ourselves without using our cerebral, to let go and let the universal energy come into us. This is one of the major reasons for failure to open a spiritual connection, when a person occupies his or her mind with praying or meditating, repeating information in his or her head at the same time. This also explains why in this book, I prefer to talk about universal spiritual energy rather than naming a universal god or giving names like archangels or angels or beings of lights, because it is not important to know what spirit comes to see you and how it does so. Of course, in the case of an astral spiritual connection, there are situations where I prefer to appeal directly to one being living in the astral plane in particular, but don't waste your time calling Jesus of Nazareth or the Buddha or the Hebrew God, Muhammad, or a pharaoh, because I have never felt anything during my multiple attempts over time and in different places.

- a level of concentration allowing you to stop your cerebral activities, because this exercise is spiritual and not reflection, analysis, and visualization. You must therefore absolutely avoid praying, repeating sentences in your head, and concentrating on visualization steps that supposedly allow you to reach a level of cerebral concentration. You must avoid cerebral hypnosis, because it only consists of persuading your mind that you are truly in a deep spiritual state and this will even go as far as to secrete false feelings of happiness and well-being. This cerebral state can be very convincing, because you will not be able to differentiate the true from the false and thus you will be convinced that you have seen things and that you have become super powerful, etc.

I have read so many documents and miracle recipes that lead you in the wrong direction and only hypnotize you cerebrally. For example, there are meditation techniques that consist of involving the mind by constantly repeating the same sentences or by following steps by thought. There are techniques that teach you to focus on the flame of a candle. I even read a book about the healing properties of the violet flame; depending on what you want to heal, the technique is to repeat in your head 50, 100, or 150 times the same sentence. Can you imagine that a being who comes to meet you must hear 150 times the same sentences or worse, be explained how to do his job? I am sorry, but if I were in his place, I would flee.

- You must relax the tensions of your body, bring your mind and your whole body to a level of relaxation, of peace, but above all, you must let go. You must be in the present moment, without apprehension, without fear, without expectation, and without control. A little trick, if you expect quick or dramatic results as taught by society, if you experience stress or impatience and disappointment, these are all signs that you must work on your letting go and your present moment before hoping to open a spiritual channel. The best advice I can give you is to be in your present moment of happiness with yourself, to live it, to feel it, and then to share it with the whole world and let the rest go, for it is your fellows who will come to you, it is they who know what to do and who know the truth, so let yourself be spoiled like a prince or a princess; you deserve it. Be patient, tell yourself you have been asleep for so long, it is normal for your body to need time to get used to it, reprogram itself, and synchronize to all of your organs that have never learned to receive and emit these unknown energies. The method of small steps has always been the gentlest, but the most effective for any learning.

- an ethic towards yourself and others. Spirits cannot be bought and they have all the time in the world, so if your intentions are bad, or you want help to compensate for false emotional needs or your actions will have bad repercussions, then do not waste your time, no one is going to come and help you.

- have a comfortable position, but above all your feet should be firmly on the ground, your arms outstretched, and your hands open outwards. I would say that to start, you should stand, but over time, you will develop your skills and so you will be able to open spiritual connections in any situation, even in an airplane or in the middle of a crowd. To begin with, you must absolutely avoid positions where you cross your arms and legs.

Steps for connecting to the universal spiritual energy

Each person is different. I am giving you guidelines, but it is up to you to develop your own steps, experimenting what works best for you. For a certain period of time, do not exceed 30 minutes in your sessions. Also, since your body must get used to this new form of energy, it is imperative that you understand that it is not because you do not feel anything the first few times, that it means nothing happened or that it did not work. Days come and go and each day is different, so let go and accept that there are good and bad days, so when it does not work well, stop the session rather than insisting that it work.

Here are some signs that you have succeeded in opening a spiritual connection, but once again each person is different. In general, the first part of the body where you feel something is on the top of your head. This begins with a slight tingling on the top of your head or through your hair. As the energy current passes, you will feel a slight pressure on your head and sometimes even as if a hand is placed on it. You may also feel warmth. Do not panic and do not be afraid, let yourself be permeated by this energy and disperse it through your body

with the help of your breathing. With time, you will be able to simultaneously feel a pressure, heat, and a crown expanding around you. It is possible you may have some mild pains, because again your body must wake up and also the spiritual energy is in the process of unblocking some parts of your head and body. If the pain makes you uncomfortable, it may be that you are not able to spread the energy throughout your body, thus the consequence is that there is too much energy in your head. In this case, concentrate on your breathing and spread the energy with the movement of the air in your inhalations. You can also send the overflow of energy out through your legs since they are connected to the ground. If the pain does not decrease, then stop the session and wait a few days before beginning another one, but for the following sessions, reduce the time and concentrate on your breathing and letting go, because it is probably that you still have too much muscular or cerebral tension, which blocks the diffusion of energy.

If the session is going well for you, take advantage of the moment, have your experiences, and develop your talents and feelings. Be aware that energy enters your body, but that it permeates your whole body.

Once you have broken in the physical process of opening a session of spiritual connection, once your body is accustomed to receiving, absorbing, and carrying all of this energy, then you will be able to start the next step. This consists of transforming this energy into an emotion of peace, relaxation, and happiness felt all over your body and head. As you become comfortable, you will find that you are able to perform sessions without having to think about all of

these steps, and even that you will be able to attain them in any position and place.

When you have succeeded in transforming this energy into emotions of peace, you will be able to move on to the next level, which is to use this energy to heal yourself and to help you solve problems related to stress. In these cases, you open a session as usual and during it, you indicate by your thought what you want to achieve through this session. For example, if you have a sore shoulder, you tell them through your thoughts that you have pain in your shoulder, or you can communicate by visualization. Once you have communicated your desire, it is extremely important that you let go and let this energy handle the situation. That is to say that the body is very complicated, that a pain can be caused by several problems which you cannot understand, so let the energy go where it wants and at its own pace. From experience, universal spiritual energy treats cases by priority so you may have a sore leg, but despite your attempts to inform them, you can see that the energy seems to be treating part of your head. So, once again, let go, do not try to persist, because they are the ones who are always right.

In your progression to integrate your sessions of opening spiritual channels, you can try to attain awakening; that is to say, to raise your level of consciousness and understanding. You can also ask for guidance in certain situations. Be patient and accept their decision to help you or not. As a result of a request for awakening, inspiration can come from a session or it can appear at any time through the media or people that surround you.

If you wish to use your sessions to treat or cure someone other than yourself; as mentioned earlier, you just have to use your entire body as the transmitting antenna, keeping yourself close to the person to be treated and redirecting the energy within you to the part you want to treat. Do not force anything, let the energy current circulate naturally and above all make sure that it is indeed the universal spiritual energy coming out of you and not your own energy. You can encode the energy you transfer into another person's body by your thoughts; you just have to think what you want to do with that energy coming out of you. On the other hand, after each session, you absolutely must purify yourself by following the steps I will explain later in this chapter. Each person is different, so a person may have the ability to absorb people's disease or negative energy.

The steps I am suggesting to you are intended to help you turn off your cerebral and bring your body to a higher level of vibration so that you can be on the same frequency as the universal spiritual energy. To help you understand, imagine that your body is a radio and the universal spiritual energy is a radio wave. To be able to listen to a music station, you need to manually adjust your radio receiver to the correct frequency to connect to the desired wave. Be patient, do not be discouraged, your body is going to need some time to get used to running on a higher frequency than usual. Do not forget to thank the beings and the universal spiritual energy, after each session.

1. Go to a place where you feel very good, but especially where you will not be distracted. You do not need to be in nature or in a spectacular place, the important thing is that you are very comfortable;

2. For a while, I suggest you be in standing position. Place your feet firmly on the ground, spread your legs, stretch your arms toward the ground and open your hands, but turn them slightly inward as shown on the cover page. The important thing is that you are in a very comfortable position that you can maintain without any physical effort or distraction for at least 30 minutes;

3. Close your eyes;

4. Using your breathing, comfortably start taking deep breaths to get your whole body to relax. It is better to breathe from the belly, because this type of breathing is much deeper and more beneficial. You will notice that babies breathe from the belly, but that as we become adults and stressed, we breathe from the chest, but above all our shoulders initiate the movements, which harms relaxation;

5. During the first few minutes, when you exhale, send out all of your worries and stresses;

6. As soon as you feel that you are in a good state of relaxation and in the present moment, begin to realize that your feet are an integral part of the earth, that they are your roots communicating with the earth;

7. Through your breaths, send what you deem unnecessary and harmful to you down to the earth;

8. When you feel an energetic movement towards the earth, keep up the exercise, but forget what you are doing, so that this session becomes unconscious;

9. Still through your deep, relaxing breathing, think of an event that made you truly happy, then become aware of the emotion you felt at that moment. As you take on this emotion of happiness, concentrate on this energy of pure happiness and well-being, and let it permeate your whole body. Live this energy of pure happiness and let yourself float in it;

10. You feel so happy that you are exploding with joy so at this moment, share your energy of happiness by emitting it through your head like it is an antenna and again, you emit without thinking for a few seconds to allow the unblocking of your energy entry points;

11. When you feel a current of energy leaving and entering you, like a pulse of electric current, then your spiritual channel is open;

12. Do not think about anything, you are in your moment of happiness, you are one with the earth and the universe. You are in a total state of letting go;

13. Feel your cells absorbing all of this energy current circulating in your body, in harmony with your breathing. Energy enters and disperses in your body through your inhalations and the overflow goes out from your roots through your expirations.

Steps for opening an astral spiritual connection

I must warn you that this type of connection is not for everyone, so accept the situation if you fail to achieve it and focus on your inner strengths.

I presume that if you want to achieve this type of connection, it is that you perfectly master the sessions of connection with the universal spiritual energy, so I do not need to start again at zero. I also assume that you have mastered all of the prerequisites, previously explained in this chapter. In order to protect people who would like to use this channel as a toy for the wrong reasons or to nurture their intellectual curiosity, I will provide the information only summarily, but those who possess gifts of healing and clairvoyance and for whom the use of this channel is part of their mission on earth, they will be able to understand and protect themselves.

I must warn you that it is very dangerous to use this channel without the skill and knowledge to heal people, because you can transfer their illnesses or health problems to your body and if you do not know how you to protect yourself afterward, you can develop the disease in yourself. In addition, if you wish to get in touch with beings living in the astral plane, be aware that you must have the necessary physical and spiritual protections before starting the exercise. This is because unfortunately there are beings who are unable to be happy, so they have made the choice to feed on the energy of others by scaring them or constantly trying to hurt others. The only ways to protect yourself are to have spiritual guides who watch over you or as in my case, you have the ultimate protection of being impenetrable. You can also protect yourself if your being is

strong enough to generate its own white light, because in general dark beings do not like light.

So, once you have opened an astral channel, you can ask for help from the enlightened beings; for example, my good friend the archangel Michael. It is quite rare that people have the gift of seeing the energetic forms of beings living in the astral plane or being able to communicate with them through thought, but this exists. In my case, I feel their presence through their energy and they communicate with me through my sessions of awakening, my feelings, and my awareness.

I use this channel mainly to connect to other human beings when I am coaching, because people lie to themselves or are not aware of their problems, so I need to know the truth. Also, I use the astral channel to be able to connect to the person; there is no limit in distance and afterward, I can transfer their illness or pain or health problem to my body. Unfortunately, it is quite rare for people to feel me in them or to feel instantly that the problem is totally or partially resolved, apart from pain, because in that case, they can feel it quickly. It is rather thankless work, because I regularly face minds that are reluctant or that reject my teachings. Also, it is quite rare that someone thanks me. It is never I who decides the outcome, because often people block me, or are not ready to heal, or their illness must make them realize things. It is also rather unfair work, because minds have been programmed to believe in magical thoughts and in gods that do not exist and this without having ever had any proof of their existence. But for me who is in the real world, I am constantly asked for evidence and even after

providing concrete evidence, some minds reject me. I even have people very close to me whom I saved from death and where I was very ill afterwards for them, but who after a few months tell me that it was the Hebrew God who saved them and not me. I reply, “But why didn't he save you before I intervened?” and as usual, they find a pretext to leave the conversation, but of course, they did not come to any awareness or even take the time to think about it. What do you expect? For five thousand years, human minds have been laundered by magical thoughts, that only the gods have the power to heal us and save us, then who am I to proclaim that it is all wrong?

Once you have completed your healing session, it is extremely important that you take the time to heal yourself by following these steps.

Steps for purifying your body

Even if you have not done a healing session, everyone can follow this exercise that aims to purify the human body and remove all negative energies and things that do not belong to us.

Get yourself into a comfortable position such as sitting or even lying down. Then stretch your arms upwards and repeat the following sentence 5 times: “Everything that does not belong to me must leave my body; everything that harms my health and well-being must leave this body forever.” I suggest you do this exercise twice a day, once in the morning upon waking up and once before going to bed. At the same time as you repeat the sentence, through your exhalations, visualize that everything negative and contained in the lower part of

your body is going out towards the earth, and everything negative and contained in the upper part is going out of your body through your arms, towards the sky.

For those who have done a healing session involving another person, you must, in addition to doing the exercise mentioned above, open a spiritual channel and ask the universal spiritual energy or a being of light from the astral plane to come and heal you and remove from your body anything that does not belong to you. You may have to do several self-healing sessions, but it is important to continue doing the sessions. Once you have stated the purpose of your spiritual session, do not forget to let the energy or the being do its work, and do not try to control the session.

Read the requested signs

As mentioned in the book, you can receive information and signs through your awakening sessions, but also your soul with the help of your spiritual guides constantly sends you information through the people you meet, the media, and everything that surrounds you. So, a little bit of advice is to be attentive to all of this information available around you, as it is very important and the result of your requests to be guided. We have learned to constantly ask for help, but we are not attentive to seeing and receiving it. For example, you are in a period of reflection and do not know what to do and suddenly, one day out of the blue, you turn on the radio or television and at that moment someone is talking about exactly the subject of your reflection. You are driving a car and you never noticed a billboard and one day, without you knowing why, it attracts your attention, at the very moment you need it and miraculously, it gives you exactly the inspiration or the

answer to your request. The answers to your requests can come from anywhere, even from a stranger you meet on your path. One of the signs that this information is for you is that usually your attention, your focus, has been redirected or that your daily routine has been altered for a brief time so that you can experience this precise moment in time. This method of communicating by signs or messages external to you, caused by your soul or your spiritual guides, has always been present; the only difference is that it is your responsibility to manage your mind so that it can see them and understand them. Are you beginning to become aware of your responsibilities towards your happiness and the importance of managing your mind so that it is in a cerebral state in the green zone? Here is an example from a true story that happened to me when I was wondering if my project to write this book would serve any purpose:

One day I was sitting at a table, drinking a beer, I was feeling a little tired and negative. I was even wondering if it was worthwhile to write my book on spirituality and the human mind, because I had recently had quite a few discussions with members of my family who did not seem to believe in my inner strengths or my understanding of the functioning of the universe and its rules of evolution, so I was thinking that if people who have known me for more than twenty-five years are not more receptive, then the reaction of strangers was going to be terrible. So, I was sitting in one of my favourite bars, drinking a beer, and one of my favorite waitresses came to ask me if I needed anything else. This waitress from the bar, about twenty-eight years old, possessing a lot of tattoos and

piercings, whom I knew simply from, “Hello, how are you?” I answered, “Yes please, and how are you?” She said she was a little stressed, because she was finishing her Master's degree in psychology. It was then that I felt within me an inner need to explain to her about my writing project, and I did not censor anything, I explained to her how the mind works, how we are all formatted, poorly prepared to fabricate our happiness, that we live mainly with our minds alone, that we all have a soul inside of us, but that we are either unconscious of it because of society or we only use it very little or not at all, that we should learn to integrate it into our lives, etc. Given that I was in an emotional/negative cerebral state, I expected a negative reaction from her, but not only was her answer something else, it contained a message for me. She told me, “Wow, I totally agree with you on all points, your topic is super interesting. I'd love to read it when it's finished.” Is it chance or coincidence? I could very well have fallen into the trap of the stereotype taught in my past and close myself to her due to her image (young, waitress in a bar, tattooed and piercings). Why did she confide in me and I in her, at that moment? Why was I in a state of openness and effective communication with her, despite the fact that the values and beliefs taught to me a long time ago could have cut me off from all of this happiness stemming from our discussion and exchange? Why did I trust myself, sharing my project with her? Why was I sitting there that day, during one of her few work hours? Why did I receive this message when I needed it so much? And finally, why could I provoke, see, receive,

and understand this message? This book will give you the answer to all of these questions and teach you to provoke this kind of situation.

Recognizing cerebralized information

From now on, you must learn to recognize true information from that which has been cerebralized. Here are some examples to allow you to understand the concept. “No,” means that this message has been cerebralized, thus it does not represent reality:

- Only God knows the truth or can save us: No;
- Help yourself and heaven will help you: Yes;
- Conditional and future paradise: No, we are presently living it;
- If God asks us to do something negative for him, an ethical violation or act on his behalf: This is a huge no;
- Believing without seeing: No. You can use all of the tools available to you and develop your inner strengths as proof;
- Magical thoughts, spectacular stories, and saviours: No;
- Complicated explanations: No;
- Elite groups or people chosen by god: A big no;
- Hell and God's final judgement: A big no;

- Having bad karma: No. We have all come here to learn through pain and obstacles;

- One or several gods: It is not important to know the answer;

- The Resurrection: This is a big no. No living being can materialize instantly in an existing human body, even if this being is called Jesus of Nazareth. As soon as the human body completely dies, the soul is expelled and cannot return to it, so imagine when the body has been dead for three days and began its process of decay in the first hours. Incarnation and resurrection should not be confused. There is only one way for a being living in the astral plane to materialize in a human body; this is to do as all of the sages who have previously come to help, that is, to take the body of a baby from birth;

- The archangel Gabriel materialized in a human body and spoke to Abraham or grabbed Muhammad by force: This is a big no. Again, it is impossible for the same reasons explained before. Why does that kind of story seem to occur only in one little corner of the planet and why has nothing of this kind happened for over fifteen hundred years? The truth is that I have been working with the archangel Michael or many other beings of light for years, like many other people who possess gifts. They manifest in many ways but never, and I do mean never, can they materialize in an existing human body. All of these beings of lights are love and they do not

have programmed minds, so they have other needs and ambitions than to scare us or force us to do things against our will.

I am allowing myself to give you some advice: When things seem complicated, scary, unclear, or magical, fantastic, or spectacular, or super powerful or very sensational, inaccessible to you, or that you are told to have faith and believe without having seen or are asked to commit unethical acts towards others in the name of God, it is that the teachings and messages have been cerebralized, thus they are not pure truth. Keep away from these people of power and develop your reasoning reflexes so that you can discern the pure truth from the cerebralized false truth.

13. Conclusion

Previously, I mentioned that our minds are just simple computers with a lot of capabilities. What differentiates us from animals are not our IQs but our souls that have the obligation to evolve; it is for this reason that they entered these human vessels. By the way, our human bodies, our vessels, are made up of animal genetics so what are we when we manage our lives solely with our minds, ignoring our souls? Tell yourself that the imperialistic societies and religions have understood for over two thousand years that it is easier to manage and control an animal than a spiritually awakened human body. Now I hope you understand the main purpose of the book.

The real X-MEN are not found in Marvel's movie series and spiritual truths are not in religions or Egyptian pyramids. So, do not waste your time continuing to seek a saviour in external and divine magical solutions, because these degrading beliefs towards our creators only teach us that we are not free, nor well-equipped and independent in our spiritual evolution. The truth is that we are all extraordinary beings, independent, with different inner strengths in each of us.

To those of you who contribute to the stifling of human spiritual evolution, we may not be the Hebrew God of laws so violent and judgmental, nor the pharaonic half-gods, nor the Greek or Roman gods, but at least we know our weaknesses and we live in reality, in love and humility.

Having thought about it, keep your divine cerebral laws, your out-dated lamb that you sacrificed in the name of your stifling imperialistic pride, your

threats, your blind chosen people contained in such a small region of the earth who constantly need others to convince themselves that they are happy with your cerebral gods and finally, keep your so-called conditional and futuristic paradise.

I prefer to live freely in the present, to assume my independence, and to continue facing physical suffering that allow me to evolve spiritually in order to radiate in harmony with our loving father and his friends in order to be able to help all living beings, rather than living in your suffocating paradise, in your presence, and in your image.

I say no thank you and good luck, I am staying with the imperfect beings not chosen by your gods, having many eccentricities and differences, but whose colourful and generous personalities push me to be a better being and that I know to be foolishly loving enough to defy your divine laws in order to save me.