

“What I Know About God, Life & Unconditional Love”

**A Short Report Summing Up
God, Life & Unconditional Love
in General**

Preface

I had changed so much.

Within just a few short years, I've gone from a weak, desperate & sad person *to* one who's in control of his life, who sees the world in slow motion, and who decides how happy he's going to be.

Wait a second here. I'm not saying this to be arrogant, or anything. Rather, I want to describe a process to help you achieve this – with your permission.

Now I don't mean to make this report one filled with fluff. I intend to write only the most important things I've learned on how one can be happy in life.

It may be of value to you, it may not.

If it's not, I'm glad to be of even the slightest service to you if any, and would express my heartiest apologies for not being able to provide you with what hope to seek through this book.

If it's of value to you, then I can only be happier.

I'm going to start our journey of sharing & learning here by saying this:

We are all in actual One.

That is why helping you become happier would make me so too.

From deep down my heart, I thank you for allowing me to share a word or two with you here.

Let's begin.

Content

Now I'm going to describe the world from the view I'm seeing today.

To me, the world most of us currently experience is only a surface illusion. I said surface, because there are many more underlying truths that we don't pay attention to, and weren't told of. But I also see the world entirely as a holographic universe, meaning everything about life is actually as an illusion to me as well.

Why is the world an illusion – that will take books & books to explain in detail. But the general gist is: There are things happening in the world that science can't explain. Paranormal phenomena like psychic abilities, intuition, miracles, for example, are such things. Despite centuries of research, scientists couldn't shed a light in putting all the pieces of puzzle in Life together with 1 rule, formula, or reason. Until now, of course – when recent scientists came up with the theory that our world is formed of a synchronized holographic illusions (like those 3d images you see in the movie “Star Wars”). There's a book written by Michael Talbot titled “The Holographic Universe” which has over 300 hundreds of pages of scientific explanations to enlighten you on this subject, if you're interested.

Now I'm a spiritual man. What I haven't described is, prior to stumbling upon the theory of a holographic universe, I've also sought knowledge for a full picture of life, of God, from different religions.

I was born a Christian, and a really strict one in its practice. My father's a pastor. As such, I was thoroughly educated in Christianity. However, growing up I always felt a void in my heart. With all the knowledge I knew about Christianity, I felt something wasn't right. I'm a critical thinker, you know, I always had this instinct of seeing the big picture, from high, and try to fit things together. And living as a Christian, I'm missing all the crucial pieces for me to see the actual puzzle of Life.

You see, the greatest repellant for me in fundamentalist religions is inequality. Besides from that, I also couldn't accept having a God whose extend of unconditional love could be less than a human. I grew up being taught that my God has preferences, has wrath, and could get jealous. Seeing this, I was hurt. I was taught that my God accepts people who believed in him into heaven, and others not. But it got me thinking, what happens to those who're born into a different religion, is brought up in a different religion well, and who grown to treat others with unconditional love in his/her life?

Even such beautiful people like these don't deserve their chance in a place that *should* be theirs?

So I started learning more. I intended to discover more information that would help me make sense of this, of life, of God – if this being exists at all (I was religious, but for greater Truths, I'm willing to put down all my beliefs).

It wasn't easy. I then spent years learning about Buddhism, Hinduism, even atheism. The only reason I didn't study Islam is for its similar nature to Christianity, and I've

seen too many bloodshed over misinterpreted meanings of its holy book, the Quran. My thought was this: If there is God, he had to be more loving than I am. And he would not misdirect me with his teachings, if he ever inspired any into our world.

What I eventually got myself into throughout my years of learning was states of excitement, apathy, love, anger, sadness, frustration, peace, fulfillment & etc. – almost every emotion that a human could possibly experience. I learned to learn something, practice it in my life, and observe the changes that occur.

I knew if I was on to something right, I would feel even more unconditional love for others, my heart would be open, my presence would constantly energize me, and I'd feel emotions that are open, expansive, clarified, peaceful.

My heart would feel light instead of heavy. And my fears would melt away, leaving me with only a sense of calmness that is more permanent in nature – I said more permanent because as a human, my emotions are still open to fluctuation and I humbly accept that. I knew that if I stumbled upon the right path, I'd feel as though the lights are brighter in my life, and shades of darkness will be replaced by unconditional love.

Alas, I managed to fit them both together – religion & science. My nights of studying & days of practicing what I've learned have brought me moments after moments of gratitude, or can be described as 'enlightenment.' There were many 'aha' moments that slowly brought me to understand Life more clearly, moments where unconditional love could exist. And every moment like these always brought me to exhilarating smiles without fail. It was as if I had managed to 'touch,' God.

Make no mistake: I'm not trying to change anyone's beliefs with this book.

I don't intend to. It is only my hope to share a word or two that could possibly help someone experience more happiness, love & peace in their lives in the place of fears, sadness & despair. As such, I'm not trying to make you believe there is God if you don't believe in it, I'm writing this entirely from my view about life.

What I came to learn, and today live with, is this understanding:

That everything is part of God, and is God.

Every existence, presence, moment.

Yes, everything that ever Is.

Why then, are we here? The best answer I managed to get was: Life is God's way of experiencing Himself. In other words, we are here to experience ourselves, the One True God. That is why we have the power to choose whether to do evil or good, although, I learned that Love & Light is our true nature.

My dear reader, your human life is inherently created as a result of the choices you make. Know now, then, that because of your true Self, because you are part of God, and are God, you have absolute control over your choices in life. The part you 'live'

now is in absolute control by you. All else is synchronized by what is referred to as 'The Matrix', which has a negative nature of keeping you from realizing your true Self. Realize in this moment that when you are swept away by the tide of the past, the future or any other time rather than *Now*, you are being synchronized along with it instead of living out of your true presence. When you are not living in the present moment, when you are led by ego, by your mind, you are placed behind the bars of an illusionary reality – which will continue to exist, until you decide to put an end to it.

As I've said in the beginning of this chapter, I believe we live in a world of holographic nature. According to a man who has incredible knowledge in the science of the holographic universe, he said: "In a holographic universe, only your consciousness exists. Everything else, other people, all things, are only projections of images that are of illusionary nature synchronized by 'The Matrix'." I figured that is why there was never any reason to control anything else other than your Self since the beginning.

Here's one of the most valuable, if not most valuable lesson I've learned regarding living: **We should not infringe on another's free will.** I got the message that we are the *One* who are here to accomplish different purposes. Because of this, if you try to control others, infringe on another's free will or push certain actions that affect others' lives – all who are the one & the same God as you without their permission, it'd not be surprising that life will signal you to stop by sending pains & sufferings your way.

Likewise, if you expect external influences to make you happy, to hope that external influences will fulfill you, to want the world to happen in a certain way that satisfies your will only, the same would also be the case.

In your holographic universe, only your consciousness is real. Everyone & everything else is only a synchronization of holographic images appearing in your existence. Therefore the only one worth controlling, the only one you could fully control, as God, is you. Remember this as you go through life, know that everything about you can only happen by your permission, and by the choices you allow to happen.

--

On October 29th, 2009 I wrote a blog post that can further paint a picture on how we are, after all, one and the same. I'm including it here so that it could serve you, even for a little bit. I hope you'll find it informational if not entertaining, please enjoy:

I watched a video yesterday by Stephen Wolinsky, PhD on his experiences & learnings from Sri Nisargadatta Maharaj.

Never knew how to put this whole, finding your true self and actually living life concept together clearly until I watched it.

So I'm going to put a short note here in this blog post on what I learned:

Basically, according to Dr. Stephen Wolinsky human lives are actually created by chemical reactions.

Why is this so? Because our experiences as living beings are actually created by nervous systems.

Without nervous systems, this world would not exist.

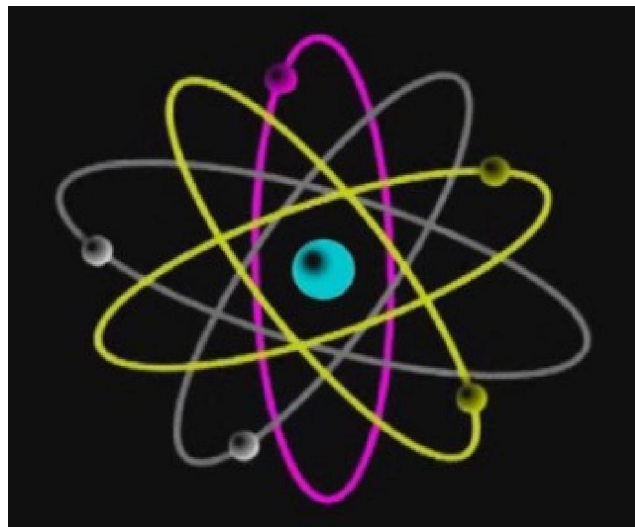
E.g. If you can't feel, you can't have sensations. If you are deaf, there would be no sound. If you can't taste, there would be no sweet, salty, sour & bitter. If you are blind, the world practically disappears.

Combine all together, and you wouldn't realize any of the world's existence.

That is why all of our lives are actually created by a series of chemical reactions in our brains giving us constant 'nervous system experiences.'

The question is, what comprises these chemicals, our nervous systems, our bodies?

It basically comes down to this:



Atom, formed by Nucleus & Electrons

The comparative description scientists gave was, if you were to expand a nucleus to the size of the sun, and its electrons the size of the earth -

The space that exists between the nucleus and the electrons would be much further than the space between sun & earth.

In other words, there is a WHOLE LOT of empty space.

So considering this, if there is a whole lot of empty space between every matter, then... are we interconnected?

Yes, of course.

Science has even shown that if you continue magnifying deeper into a nucleus, you'll soon find out that it's made up of subatomic particles, quarks, and ultimately as energy out of nowhere when further examined.

Energy, out of nowhere.

This science genius sums it all up the best:

Everything is emptiness, form is condensed emptiness.
Albert Einstein

--

The next article I'm sharing with you is written by a man named Brian Sanchez (<http://www.AllIsOne.com>) on July 3rd, 2009. When I read it the first time, I remember being swamped by a sense of peace the size of an ocean. I thought it'd be great to share it here with you as well, because I believe it could help many to exchange their fears with something much greater:

Anything that vibrates is an Illusion of Separation within Oneness. Oneness free from Illusion is the state of total balance and stillness. Once Oneness vibrates, it becomes an Expression of its own Self, unique in its own right within the Illusion of Separation but at the same time encompassing all of Oneness in its entirety.

The Separation perceived by an Expression of Oneness (and all that vibrates is an Expression of Oneness) only exists in Illusion, since energy that vibrates creates a parabolic oscillation of the One energy. This oscillation of energy is what creates the Illusion of Polarity/Duality (meaning, we can never be free from opposing forces unless we stop vibrating!), which in turn manifests into the Illusion of Karma, which in turn manifests into the Illusion of Motion, which in turn manifests into the Illusion of Time. It is from the Illusion of Time manifested by the Illusion of Separation ("Space") within Oneness where we get the Illusion of the Unknown. Once an Expression of Oneness believes in the "reality" of the Unknown, it loses its awareness of its Self being Oneness, and that it is detached not only from Oneness but also from other Expressions of Oneness. This "densest" level of the Illusion of Separation is what we are experiencing now — Oneness forgetting it is Oneness, so to speak, within the Space/Time Illusion. When one perceives one's self as a separate entity from All, it begins to Fear the Unknown, since it cannot perceive beyond its own limited physical senses. This Fear of the Unknown leads to Attachment to the Illusion of Separation, since the Illusion is all that the individual can perceive as "known". Attachment to the Illusion of Separation is what causes the Illusion of Suffering. The Space/Time loop of "history repeating itself" is in fact our subconscious choice of revisiting instances and events where we have yet to realize that our self-induced Suffering is caused by our Attachment to the Illusion of Separation.

Any form of suffering that repeats itself, from war to abusive relationships, is caused by Attachment. Our Attachment to the Illusions of vanity, old age, weight gain, selfish love, possessions, fame, money, power, materialism, etc., is the source of our

self-induced and self-perpetuating experiences of Suffering. Therefore, there is no way one can end Suffering unless one lets go of the Illusion of Separation. Letting go is the greatest challenge for an Expression of Oneness, because our Fear of the Unknown has made us latch onto anything that we “know” is certain... like money, our looks, power, fame and materialism. Ultimately, it will be our Egos — which thrive within the Illusion of Separation — that will stand in our way to fully realizing Oneness. When we turn around and face our fears, what we will see is a reflection of our Selves. All the suffering we see around us — and in fact all the people, places and instances we perceive around us — are reflections of our hopes, loves, desires and fears.

To begin to break free from the Illusion of Suffering is to realize that no matter how we try to change our reflection (ie., trying to change or impose our will or beliefs upon others), we can never change anything unless we change our Self. Letting go of our own Selves is the final frontier for an Expression of Oneness to finally realize Oneness free from Illusion. Until that time comes, we will all continue to partake in the Illusion of Separation for what its worth, make the most of the lives we so choose to live, and live them how we wish to live them according our beliefs and perceptions of Self in relation to All. Whether we would choose to see the true Oneness beyond the Veil of Forgetfulness, and live in accordance to our realization and understanding that All Is One, is entirely up to us.

-=-

My life is simple. I was given a life to live, and I’m going to do my best to live it to the greatest extent that I could. I sort of hold a belief like this: My life is predestined/observed/taken care of in some way by the greater parts of me as the one and same God.

But I also am responsible in steering it in the way I want it to in this physical life. The only way I could enjoy it to the fullest during my stay is staying present all the time. I’m talking about a world that is free of ‘psychological time’ as described by spiritual teacher Eckhart Tolle in his book “The Power of Now.”

This means I constantly pull myself back into the present whenever I realize I’m dwelling in the past, or the future. My focus is constantly directed to the Now, and in this moment – I could experience the full extent of every color, sound, taste, smell & touch. Life becomes a rewarding journey for me in which I could constantly feel gratitude for. I still live with clock time (i.e. I learn from my past mistakes, plan things for events to come, etc.) but I will dwell not mentally in the past or future, only in the present moment Now.

In this process, as the times get rough, I stay in control of myself and sustain happiness through my own choice. When the times are smooth and I’m happy, peaceful, satisfied, I pay gratitude in my heart. What I learned was, when we are in higher vibrations of our own selves (through meditative states e.g. theta, delta brain waves), our thoughts could be more potently manifested in reality. As such, I keep my thoughts on the positive path, and live through life the same exact way everyday.

Today, even though I don’t have everything I desire, I have what I truly ever wanted.

I have myself.

And life's sending me better and better experiences each day, affirming me that the path I'm walking on is the path I should thread.

My advice for you, if they mean any value at all:

Listen to your heart, seek your own path. No one could ever make you happier, more loving, and more satisfied than you. Living by the rules of the world, the society & mass media means having your life's choices taken by others.

There never was any reason for you to allow that to happen.

Choose to live out of yourself. Consider the previous sentence again. Because we are all one and the same God, we were all given the same right with our existence.

The right to receive & give unconditional love, peace, satisfaction, and all the other best experiences that the world ever has.

I hope my sharing of a word or two here has been of service to you.

Thank you for reading.

Adonai.

Signing off, December, 2009