

Reflections About The Spiritual Path

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*I am dedicating these pages to a dear friend
who provided valuable advice
to guide me in facing this challenge*

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PRESENTATION

This little essay deals with the spiritual path, which, as is well-known, should guide those who practice it to reach the spiritual dimension of existence. My goal is to write a few lines about the spiritual dimension and the quest for an efficient spiritual path. The aim of the book is to convey a useful message. Useful means you can think about it if you find it interesting.

My spiritual practice is primarily focused on Kriya Yoga combined with the best of Nei Dan, while Japa or Inner Prayer being a secondary focus.

In my early years, I made the decision to keep a simple diary. After revisiting some pages today, I realize that at that time, I had no clear idea of what the 'spiritual dimension' of life and therefore reality was. I failed to grasp the crucial distinction between professing a specific religion and experiencing spirituality. Over time, I developed an understanding that there is another reality beyond physical reality that we cannot perceive or touch, but that nonetheless EXISTS. I comprehended that we perceive this reality through a hypothetical internal organ that many call 'the heart'. When I say 'heart', I am definitely referring to the essence of the most profound emotions. Spiritual dimension may be a dream without substance, but in any case, I began to trust its existence.

When I was a kid, the only thing that could bring me closer to the spiritual experience was the enchanting sensation I felt upon seeing beautiful landscapes, colors, perfumes, and the beauty of someone's face. I made an effort to enhance these encounters by visiting dazzling places in the small village where I was born. My search for more abstract beauty was made possible by studying literary works and listening to classical music. It was even more challenging to describe this beauty. To me, it was a matter of stepping into an entrancing state of consciousness that I had never wanted to depart. At the end of it all, after experiencing specific mental states resulting from those experiences, I became more convinced that there existed another reality beyond physical reality that is totally distinct from the earthly reality we are used to living in, located in an undefined and elusive region to human thinking.

I didn't realize that certain techniques employed by mystics could broaden and enhance my perception of Beauty. When I write 'Beauty' in capital letters, I intend to talk about the spiritual dimension.

The only way I have been able to figure out the spiritual dimension of life for many years is through the beauty I encounter in life, and that's why I am expressing myself this way.

It may not be appropriate to use the word 'Beauty'. I am talking about a devastating emotion that grabs my heart and engulfs my being in a sublime realm that causes me to shed tears.

During my walks in the countryside, I only intensified my emotions while my mind remained quiet and without thoughts as I sat on a hill and contemplated a distant landscape. I was able to feel that my heart's aspirations were becoming reality before me because of this meditative state.

When I first practiced Yoga, I was deeply fascinated because I realized that it led me to a direct experience of Beauty. This has intensified, and it is still happening now. I'm uncertain if this will assist the reader in gaining a better understanding of my temperament.

I have not been enamored or moved by religious teachings, specifically catechism lessons. I rebelled against these teachings without saying it openly. I had a negative view of the anthropomorphic concept of the Divine that should have been pure love, but tolerated the existence of evil and pain in the world. It dawned on me that some of my friends had the same attitude as me.

A close friend of mine overcome that obstacle by studying the biography of a saint. He felt a deep devotion, a devotion that he described to me as a pang in his heart that had transformed into a liberating cry, which guided him towards spiritual reality with great aspiration. He, like me, stopped using the word God and replaced it with 'Divine'. However, to remain as long as possible in the realm of Poetry, the Sublime and Beauty was my goal. My intention was to choose a profession that would allow me to cultivate this tendency while I was growing up.

Each time I sit for my chosen mystical practice, I endeavor to remember that time. I make an effort to approach meditation by thinking about something that truly fascinates me, such as mountains framed by blue skies and perhaps a thin layer of snow on top.

1. BASIC CONCEPTS

● **Difference between following a religion and a spiritual path**

The act of being born in the spiritual dimension is not the same as choosing a specific religion. Religion is founded on a lengthy period of mental labor that spans centuries and serves to support certain guidelines of conduct. It identifies which actions should be taken and which ones should be avoided. To tackle existential issues, a theological perspective is added. Religion is influenced by important figures from the past, but it grows and spreads with the help of the dimension of thought.

Religious ideals take precedence over the goal of reaching an ecstatic state or approaching the spiritual dimension. Such an uncommon occurrence is perceived with suspicion and disbelief.

It's apparent that it's a natural reaction to sympathize with our birth religion. It's understandable that sympathy persists, along with the maintenance of certain behaviors, such as taking part in specific ceremonies, acknowledging the significance of commemorating special occasions with friends, and participating actively in humanitarian initiatives supported by our birth religion. There's no need to stay confused about this. Rather, it is obvious that the spiritual dimension extends beyond religion and only pertains to us. No one is permitted to challenge our pursuit of closer and more direct contact with what we call the Divine.

What is the definition of 'spiritual research'? This is an internal process where we attempt to approach a reality that transcends beliefs, rules of behavior, and rituals through various means.

The start is driven by a strong desire to directly experience the sacred, the transcendent. Studying religious traditions, philosophies, and spiritual teachings, as well as attending spiritual retreats and following spiritual guides, is only a secondary fact.

Following your spiritual path means taking a journey that is very different from that of religion. This journey is personal and unique, and it aims to connect to oneself and the universe in a more intimate and authentic way.

During a spiritual quest, you slowly undergo transformation and are guided to become closer to the Divine. This quest can involve several practices that typically take place when you are by yourself.

Spiritual quest involves shutting out the mind and allowing deep emotions

to fill the entirety of awareness. To achieve deeper awareness, the spiritual path is designed to dissolve the thinking process.

- **Limits of thought**

I came to the realization that a very persistent thought had emerged in me one day. It kept pressing on the spot between my eyebrows, as if it were a thorn, throughout the day and night. The thorn was an understanding that I had acquired and wanted to pass on to others.

It was clear to me that human thought cannot comprehend, grasp, or explain the spiritual dimension of human life. This was an impossible task for the thinking process to accomplish!

The idea of God is vague, without any foundation. This idea is influenced by the conditioning received, the various experiences gained in life, and personal reflections. Also, our pathologies are often used to model our belief systems. This does not even remotely lead to an understanding of who God is.

The human mind is faced with two choices when asked what the spiritual dimension is. The first is to let your imagination run wild and provide a vague answer. The second involves acknowledging the unflinching fact that there is no rational answer that is both complete and exhaustive.

We enjoy fantasizing and playing with words. Many individuals are accustomed to it. They read books and attend conferences on these subjects, but they don't realize that it's a waste of time. Those who are calm and have the ability to think with their own mind understand that spiritual reality cannot be achieved, grasped, or understood by remaining solely in the mental dimension. This is a fact that is generally accepted, but it is not fully understood in its fullest extent. When we believe that this is the maximum that human beings can do, how can we quit the process of thinking?

- **Difficulty in accepting this limit**

I made an effort to convey this to several of my friends. I did it with precision and clarity. All of them agreed that the concept was simple to comprehend and obvious to them. I thought they had comprehended, but after listening to various speeches they delivered later, I realized they had not grasped anything or contemplated the implications of what I had told to them.

A lot of people still believed that getting in touch with the Spirit world would be simple for them, and that it could happen through the enrichment of different information they read or heard. They brought me a great deal of tenderness. They said things about spirituality that seemed to

be based on common sense, things that I could not confirm were false. However, they were unable to prove them either.

I was reluctant to listen to them because I was confident in my belief and felt profoundly transformed. I didn't care much about what they said and didn't even try to disagree with it in a point by point manner: it would have taken me too much time, and ultimately, they would have stayed with their comfortable delusions. I felt distant from their reasoning. I have come to terms with it and gone beyond it. I realized that my reasoning ability was restricted to practical life matters, but it had to be given up when I reached the state of meditation.

I turned down mind-generated ideas that claimed to depict the laws of the spiritual dimension of existence. I did not intend to talk about their fantasies, it was not appropriate for me to do so. It became apparent that individuals need time to accept the limitations of human thought.

I'm not sure if the friends I talked to about my ideas unconsciously rejected my words. Their minds were not able to comprehend the implications of the concept I supported, and I was unaware of any method to make them digest the implications.

As a young man, Einstein understood that the speed of light was a constant in every reference system, based on experiments conducted by serious scientists. It is impossible to exceed this speed, so it cannot be increased or decreased. It took him a long time to comprehend and accept the implications of this fact, but eventually he arrived at the Theory of Relativity. At a certain point, he came to the realization that time didn't flow inexorably for everyone, but was dependent on the reference system in which the observer was situated. It is unknown how many individuals he attempted to explain this to, and those individuals stated they had comprehended when they had not comprehended anything.

When I shared my beliefs with my friends, I found that they didn't understand, even though they nodded in approval. It was a three-year process for me to comprehend the implications of this discovery.

● **How the idea that a spiritual reality exists is born**

This intuition does not come easily, but let's proceed in order.

There are 4 dimensions of human experience:

1. The physical dimension
2. The emotional dimension
3. The mental dimension
4. The spiritual dimension

A person enters the world with a small body and, for a long time, tries to become familiar with it and everything that is material. In order to enter the physical realm of existence, one must have a body, nourish it, learn how to interact with it and others, and engage in various activities.

Almost simultaneously with the physical dimension, the emotional dimension is born and will continue to shape and increase itself throughout life. Uncontrolled emotions stem from instinct, such as fears, attraction to specific situations and people, and discomfort towards certain people and situations. When feeling affection and love, the emotional dimension becomes more intense. As we progress toward adolescence, the mental dimension becomes apparent. The process involves both basic brain functions and the ability to think independently.

This takes a very long time to occur. Literature teachers are well-versed in this when they ask their students to tackle a particular topic and they read dissertations that are extremely confusing and tangled. There is no clear thought, only confused opinions borrowed from various sources. The teacher acknowledges that the student has not made the courageous decision to rely solely on their own capacity for reflection but, trying to draw inspiration from various sources and putting it all together, their student did not have the ability to create clear and conclusive concepts.

In general, it requires a lot of time, intense labor, and the capacity to overcome various obstacles to think clearly and therefore translate into words everything that is authentically you, which means it is completely belonging to your personality.

The spiritual dimension's fourth birth is possible, but it's not contingent on the birth of mental life. My perspective is that it occurs as a progression, an evolution from birth to the emotional dimension.

It's rare for someone to limit themselves to solely rationalizing if there is a reality beyond the physical universe, beyond their own knowledge. This is exactly what famous philosophers have done. The short flashes of intuition of the spiritual dimension in everyday people are mainly due to their own emotions. With time, these intuitive flashes can turn into the awareness that there is a spiritual dimension that maintains consistency, making it a concrete reality.

● **How the desire to follow a mystical path is born**

We should consider those individuals who have experienced a spiritual awakening and are inclined to take concrete steps to consolidate it, and hence propose to engage in a certain mystical discipline.

Simple reasoning can also help motivate their decision. It becomes apparent to everyone that people who have devoted themselves to a

discipline that has been completely engaging for many years display noble qualities that distinguish them from other people. These people are indeed capable of exhibiting a sense of sweetness and intimate serenity. As an example, let's take into account a virtuoso who has mastery of a musical instrument or those who have developed exceptional abilities in a particular physical activity, like martial arts.

It is possible for a person to feel that the spiritual awakening they have had, could become more solid, lasting and profound by following a mystical discipline on a daily basis, with the prospect of continually perfecting it.

Another possibility is that someone may approach spirituality because of their attraction to a person who is considered holy. The generation of attraction could be achieved through various means, such as viewing a film or reading a biography about this person. This attraction can be vague and indefinite, but it doesn't make any tangible changes. It's common for people to think that holiness is exclusive to one person, not relatable to their daily life. They believe that holiness is synonymous with a life solely consisting of deprivation and sacrifice, which they see as distant and incompatible with their way of life. They are attracted to this figure, but they are also extremely distant from what this human being stands for.

In other instances, the attraction is more intense and possesses the power to transform into a sweet obsession and ultimately into pure love. This overwhelming feeling is what gives them the first insight into the reality of the spiritual dimension. At that moment, they were deeply fascinated by this world and eager to become closer to it. However, they lack the ability to take the initial steps towards it.

It's probable that they don't even realize that a significant transformation has occurred within them. Despite this, something new has arisen. Being born into the spiritual realm does not necessarily imply sharing this event with others, nor does it mean writing a book that recounts an intense, surprising, or exceptional experience.

A simple tear of pure devotion can be all that matters, and it can open the heart and save the soul. It can be the realization of a renewed sense of sensitivity, the ability to tune into a passion that has never been experienced before, deep and unknown.

● **The Spiritual Path is Long and Complex**

Those choosing to practice a mystical discipline must remember that it is a long and complex path that necessitates patience, perseverance, and dedication.

It is not advisable for them to continue with only reading books,

attending conferences, and having long discussions with friends who are vaguely interested in the subject, etc.

It's not necessarily a process that produces immediate results, but rather an ongoing journey that evolves and deepens with time. To transform a person, it is necessary to have authenticity, discernment, and an open heart.

Spiritual research is not based on set times or fixed goals like many other aspects of daily life that require quick results. The path does not lead to immediate answers or transcendental experiences. The spiritual path progresses slowly and often in subtle and invisible ways.

Attempting to strengthen one's connection with the spiritual dimension is a process of discovery that doesn't have a precise end that is already known. As each step is taken, we gain a deeper understanding of ourselves and the Divine, but there is no definitive end point. Spiritual masters and the most advanced practitioners are still able to grow and deepen their connection.

Deepening means that as the practitioner progresses, their perception of the Divine, life, and themselves expands. Spirituality is becoming a constant part of daily life as it becomes more integrated. Spiritual practices become deeper as time goes on, and what may initially appear difficult or incomprehensible becomes clear and natural after some experience. Over time, a person can experience significant internal transformations that enhance and add meaning to their lives.

2. INITIAL CHOICE

Read Books on Spirituality

It is typical to start by reading sacred and spiritual texts. Through such study, your life can be enhanced in many ways, providing guidance, comfort, wisdom, and inspiration. Whether you are seeking a deeper understanding of your spiritual path, moral guidance, or a means of connecting to something more important, these texts can be a treasure trove of unsurpassed value.

These texts often touch upon topics like the soul, destiny, divine love, and the universe's nature, triggering deep reflection and a greater awareness of your spiritual path. Sages, saints, and prophets' words can bring inner peace and reaffirm that life's struggles have a greater purpose or that there is a benevolent force directing existence.

Reading these texts also entails connecting with a enduring spiritual and cultural tradition. Poetic and symbolic language is employed in certain texts to encourage reflection and meditation. While some of their teachings are specific to a particular religion or culture, most are universal. A few literary works are exceptional and possess considerable cultural and intellectual depth.

These readings can motivate you to the point where you experience a 'transcendental' experience where you can connect with the Divine.

Various Spiritual Practices

1. Meditation

Attempting meditation spontaneously can be beneficial even if one is a novice and does not have a clear understanding of what 'meditation' means. It's common to view it as mental labor. It is a difficult concept to grasp that meditation is meant to eliminate thought and attain pure awareness.

Everyone can benefit from observing one's thoughts without judgment. The process is complete when one can control their emotional reactions and experience a subtle but very valuable transformation in their life.

Forms of meditation that concentrate on what takes place in one's body, such as hearing internal sounds or simply observing the breath, are extremely helpful. Shortly, these chances will be examined and deemed to be very healthy and suitable for everyone.

2. Mindfulness

Mindfulness or awareness of everyday life is something that many people

are interested in. Being fully present in the here and now and observing what is happening inside and around us without judgment is what mindfulness is all about. The most important thing is not to allow thoughts or emotions to take over, but rather to acknowledge them and release them. The origins of this teaching can be traced back to Eastern spiritual traditions, particularly Buddhism, but it has been incorporated into many secular and therapeutic practices worldwide in recent decades.

Mindfulness can be integrated into daily activities and result in greater mental, emotional, and physical well-being. As time goes by, mindfulness can become a regular part of your life, resulting in greater presence, balance, and inner tranquility.

3. Spiritual Retreats

Spiritual retreats are great ways to practice simple meditation techniques in groups, with guidance almost always provided. Participating in this event can be a unique chance to escape daily distractions and completely immerse yourself in a 'spiritual' environment. Consequently, it is possible to achieve levels of awareness and understanding that are challenging to achieve in everyday life.

There lies an opportunity to cultivate self-awareness, deepen your aspiration towards the spiritual dimension, and discover a sense of unity with something greater than yourself.

To develop a more structured and sustainable spiritual routine, discipline and commitment must be key elements, even when returning to daily life. The discipline gained in these settings undoubtedly results in increased consistency and depth in spiritual practice, which will carry on after the retreat ends.

● **My advice: follow a path with solid foundations**

Among all the possible choices, I am inviting you to choose a spiritual path that is founded on solid traditions that have been accumulated through time.

Their effective structure has been proven over centuries through a consolidated approach. By following a well-proven path, you can avoid any confusion or uncertainty. Numerous people have already been aided by such teachings.

Those traditions also caution about the potential dangers and pitfalls that can emerge on the spiritual path, such as handling energies without proper preparation.

Following a solid spiritual tradition will make you part of a community that shares your values and goals. This provides emotional and spiritual help, as well as the possibility of discussing and comparing.

By learning clear criteria to distinguish between genuine and

deceitful experiences, you can have a reliable compass as you strive to navigate the complex waters of spiritual growth.

I will mention six solid traditions below: the method of **listening to internal sounds** or **Nada Yoga**, the method of navigating different phases of **Nei Dan** or **inner alchemy**; the **Zen** method, the *Sufi* method, the **Kriya Yoga (Spinal Breath)** practice, and finally, **Japa** or **inner prayer** are all included in this list. Below, we provide a brief description of the foundations of each practice. A comment is always included after these descriptions.

I. Listening to internal sounds: the first step towards hearing Om's sound

The technique of listening to inner sounds involves intense effort over time. The aim is to listen to a vibration, which is commonly referred to as a buzz or a continuous sound that is perceptible in the body and mind. These sounds come together towards the sound that is revered as sacred in various spiritual traditions, particularly Hinduism, Buddhism, and yoga. This is the Om's sound believed to represent the vibratory essence from which the universe originated.

Om is more than merely a sound; it is often depicted as the amalgamation of all sounds and as a reality that transcends time. The act of meditating on 'Om' is a means to connect with the essence of the universe. This internal vibration can have a transformative effect that calms the mind and deeply engulfs you in the meditative state.

This practice necessitates a lot of effort, and there are various schools that teach it, including those that are part of the Radhasoami movement.

These sounds, which are internal called astral sounds, are something we can write about, but we lack the ability to comprehend their meaning. We can determine the impact of this listening on us. Unlimited devotion towards the Divine is a result of it. By practicing this, you can rest assured that the time you devote to it will be remembered with nostalgia, sweetness, and rapture that is unparalleled. This is something I can say based on my experience.

II. Nei Dan (Inner Alchemy)

Nei Dan is a Taoist spiritual practice that aims to change and improve one's internal energies, leading to spiritual awakening and spiritual immortality.

This is a profound tradition in Taoism and it is all about refining the vital energy Qi, the spirit Shen, and the vital essence Jing and achieving a state of harmony and unity with the universe at the end.

Nei Dan's origins lie in ancient Taoism and were derived from the techniques of external chemistry, known as Wai Dan, which involved the transformation of physical substances, such as metals and minerals, into elixirs of life. Inner alchemy shifted toward an introspective approach, paying close attention to the body and mind as 'laboratories' where spiritual transformation takes place.

The refinement of Jing, Qi, and Shen aids in the transformation and spiritual evolution of individuals.

The vital essence (Jing) undergoes a transformation to Qi during the first phase of Inner Alchemy. The preservation of Jing is necessary for this process, and it's often done with the help of practices like sexual moderation and a balanced lifestyle. Jing can be boosted by meditation and breathing and then transformed into Qi.

Once enough Qi has been accumulated, it is further refined to cultivate the Shen (spirit). This stage requires intense work of controlled breathing, meditation and visualization. The Qi, now transformed into a more subtle energy, stimulates the Shen, leading to mental clarity and inner peace.

The end goal is to transform the Shen into an even less subtle energy that will lead to enlightenment and a connection with the Tao. At this stage, the individual transcends the physical body and mind's limitations, achieving oneness with the universe. Spiritual immortality is the term given to this state of spiritual realization.

The body in Nei Dan is viewed as an energetic system, consisting of three main energy centers called Dantian. The Lower dantian is the spot where Jing is collected and stored. Physical vitality can be found in the Middle Dantian (heart area) and it is connected to Qi. There, emotional and spiritual transformation takes place. Shen, spiritual awareness, and connection to the Divine are found in the Upper Dantian, which is the head area.

Nei Dan focuses on advanced breathing techniques, meditation, visualization, and internal energy work. A technique that involves regulating the breath and directing Qi through the body is one of the most common practices. In my view, the process of directing Qi through the body is characterized by the mysterious experience of 'embryonic breathing'.

The 'embryonic breathing' involves attaining a state of purity and tranquility where breathing becomes so slow and natural that it is similar to the embryo in the womb, which does not use the lungs to breathe, but is instead fed by vital energy.

The term "subtle breathing" is used for this state, which is almost

imperceptible and becomes more internal and delicate as the practice progresses. This implies a state of mental quietness deep within the mind.

The abdominal breathing is predominant, which means that the Lower Dantian is heavily involved. According to the explanation, energy is directly absorbed from the environment and the universe in this way.

Sri Aurobindo's and Mère's thoughts can be a great resource for understanding this state. Sadly, they assert that they do not have a precise map of this path. Their feelings were similar to those of pioneers who were embarking on a journey to the unknown. Mère employed poetic phrases like 'Beyond the unknown / seas of infinite shining', implying something infinitely beautiful that lies beyond the known and even every uncertain hypothesis or hope.

We should learn from their teaching that our body (the 'mind of the cells') is our best friend when we encounter obstacles we don't know how to overcome.

When we direct our awareness towards the cells of the body, we are doing the most beneficial thing that can truly help us. The feeling is that this action is a perfect means of healing.

To wrap up this speech, I feel obligated to talk about the significance of a Tibetan practice that emerged as a result of Nei Dan's evolution. Tummo is the subject of my reference. Practicing this simple technique with great wisdom can lead the human being into the realm of the spiritual dimension like an arrow.

III. Zen

The spiritual practice and school of Buddhism known as Zen is based on meditation and the direct experience of reality to attain enlightenment. Derived from the Sanskrit term 'dhyāna', which means 'meditation', Zen developed in China as Chán and later spread to Japan, where it took the name 'Zen'. Today, it is one of the most recognized and influential spiritual traditions worldwide, recognized for its simplicity, emphasis on awareness, and emphasis on living a life full of present moment.

Zen practice is centered around the practice of sitting meditation (Zazen) which is well-known. Zazen aims to develop a deep awareness of the present moment by allowing thoughts to flow without attachment, rather than thinking about anything. By practicing this technique, one develops the ability to observe the mind and its fluctuations without getting caught up in thoughts or emotions.

To describe the moment of realization when one understands the essence of reality and life without the ego's interference, one can use the terms Satori or Kensho. This awakening is described as an abrupt and

transformative experience that goes beyond words and concepts.

Zen practitioners believe in a life that is simple and essential, free of any unnecessary complications. A mind that is simple, clear, and focused is reflected in the outward simplicity. Art, tea ceremony, and architecture are often used to express the beauty of Zen, all with clean lines, minimalism, and harmony with nature.

Zen is opposed to the dependency on written texts or intellectual teachings. Even though Zen masters offer guidance, Zen is a practice that requires personal living and realization through meditation and direct experience. The truth is not something that can be expressed with words, but it must be lived deep within oneself.

Through my brief and intense practice of Zen, I have experienced a state of mental and emotional calm and tranquility that I have never experienced before. I get a feeling of that time by thinking about a poem by a Zen master. The composition is fairly lengthy, but I'm only able to remember a few verses.

The white clouds descend and disappear.
Alone, mighty and high, the peak of the green mountain stands out
and casts a hundred mountains in its shadow.
The wind calms down, the waves disappear,
the ocean becomes calm.
With the evening the flowers close,
people go home
and the peace of the mountain becomes profound.

I begin to grasp the meaning of Zen when I take a moment to pause on the last verse. It is true that the memory of this practice suggests an incredibly profound peace to me.

IV. Sufism

The mystic and spiritual aspect of Islam known as Sufism focuses on the experience of purification of the heart, intensification of love for the Divine, and direct experience of it. The practitioners of Sufism, also known as Sufis, adopt various spiritual practices to establish a stronger connection with God (Allah) and cleanse their soul from worldly attachments. Sufi brotherhoods are a source of transmission for these techniques, each with its own unique teachings and methods.

The ultimate objective of Sufism is to attain union with God, known as 'fana', where the ego is extinguished.

Sufism centers around love for God. In Sufism, every act of worship and service is an expression of love towards God. The love of Sufi masters

like Rumi and Hafiz is portrayed in their mystical poems that celebrate union with the divine as an act of deep love and devotion.

Sufis strive to cleanse their hearts of the impure aspects of the ego, including pride, greed, jealousy, and arrogance. In order to get closer to God, it is necessary to have a pure heart, which is thought to be where divine light resides.

To gain a better understanding of the foundations of Sufism, try to grasp the meaning of 'heart.'

A state of intoxication experienced at the physical heart is the only thing that Dhikr, a prayer that involves head movements, aims to achieve.

By listening to music, poetry, or mystical chants, one can attain the same objective. The goal is to elevate the soul to higher states of spiritual awareness and union with God.

I'm not sure what else I can add except to try and recreate the intoxication felt in the heart by quoting some verses from Rumi's poem.

From the beginning of my life, I have been searching for your face,
but today I finally saw it. Today I have seen the charm, the beauty, the
unfathomable grace of the face that I was seeking.
Today I have found you and all those who yesterday laughed at me and
mocked me now complain that they did not search as I did.
I am astonished by the magnificence of your beauty and I desire to see you
with a hundred eyes. My heart has burned with passion and has always
sought this beauty that I now see.
You have given a new breath of life within me, now I have become your
sun and also your shadow. My soul is screaming in ecstasy.
Every fiber of my being is in love with you.
Your splendor has lit a fire in my heart
and has made the earth and the sky radiant for me.
My arrow of love has reached its goal;
now I am in the house of mercy
and my heart is a place of adoration.

V. Kriya Yoga (Spinal Breath)

Practicing the spinal breath technique involves conscious breathing and focusing on the energy that flows along the spine. The spine is regarded as the primary energy channel in the body and it is where vital energy (Prana) travels through the Chakras, the energy centers situated within it.

Taking deep and slow breaths is the starting point of the practice. After taking several breaths, they usually disappear, leaving room for a state of enormous calm. The goal of this technique is to eliminate the need

for breathing, which bonds the soul to the body. Let's calmly clarify the way this occurs.

To break free from this dependence, it's necessary to concentrate on your breathing and gradually internalize it. It is necessary to perceive it as energy that rises and falls in the spine instead of air entering and exiting the lungs.

Contact with the spiritual dimension occurs when you are in a state of breathlessness. Although this state may seem impossible, it can actually be accomplished. Performing the practice correctly and maintaining optimal conditions for both mind and body (complete mental quietness and good physical health) results in the emergence of this state.

This practice changes the breath into something else than what it is physically, which is a flow of air. This is a state of eternal tranquility that can be experienced without breathing. The experience of this event can leave one's consciousness shocked. The practitioner experiences a feeling of unfettered freedom while maintaining a calm that is almost unnatural. Freedom from everything, mainly from the problems of life and from the physical laws that, apparently, seemed impossible to escape. You find yourself in front of the spiritual dimension and experience a feeling of intimate happiness.

VI. Japa (mantra)

I only considered talking about this practice at the end because it is so effortless to carry out, but it is nearly impossible to comprehend why it is beneficial.

The meaning of the term 'Japa' comes from the Sanskrit root 'jap', which is to speak softly or whisper. Chapter 11 of the book on Kriya Yoga contained a discussion about how this practice happens.

Japa is a spiritual practice that involves the continuous repetition of a mantra, divine name, or one or more sacred syllables. In religious belief, Japa involves communicating one's thoughts, words, or heart to a deity, the universe, or a superior force, in order to establish a significant and personal connection with that dimension. It is considered a means of invoking the presence of the Divine. My thinking is different.

At this moment, I am attempting to explain something that is extremely challenging to comprehend. This practice is essentially designed to alleviate a particular neurological disorder that is common among humans: excessive thinking and unproductive thinking, which is detrimental to us. This fact is not grasped because a small number of individuals are aware of living an unnatural existence.

When someone tries to concentrate but cannot because of constant

thoughts, they may start to vaguely understand the seriousness of the problem.

The purpose of Japa is usually to heal and calm the mind. It can be used as a prerequisite for meditation or other practices such as those mentioned above. It is true that some individuals have reached enlightenment through the practice of Japa (mantra) but generally speaking, the techniques that follow Japa are what lead to the experience of the Divine.

A spiritual vibration is produced by Japa that soothes the background noise in the mind. The spiritual path requires a wonderful calm, which is like a balm. To excel in high-level practices, one must have a mind that is both quiet and focused, capable of discerning subtle things (internal sounds, embryonic breathing that is almost non-existent, superhuman peace, and intoxication in the heart.)

If you fail to calm your mind and eliminate background noise before trying to perceive what your procedure needs, you may not be able to perceive anything. The primary issue is that you have a disturbing vibration with you during your spiritual practice.

Japa is useful when one has experienced a day in a typical way, i.e. with a mind active in a disorderly manner, and one cannot immediately attain perfect calm. Restless thoughts have an uncontrollable effect on the mind in this case, causing irremediable damage. The only thing that can be done to fix this is to practice a lot of Japa and calm the mind for perhaps hours before starting the subtle techniques. We are humans. Using Japa, we can reduce the background noise of our thoughts in a certain amount of time.

3. DECISIONS THAT POSE ISSUES OR DANGERS

We will take into account some factors that will help us comprehend that the number of individuals who are truly prepared to follow a spiritual path and consider it as the most important thing in their life is very small.

When we think about the spiritual dimension, we experience something in the realm of our emotions more than just thinking. Whenever we want to express emotions through words, we automatically use terms such as 'Beauty', 'Love', and 'Joy.' While philosophers and psychologists may discuss these terms, we don't need to spend a lot of time reflecting on them.

When we have experiences that move us deeply and leave us with an indelible memory, our lives change. We experience certain events that make us cry with joy. In those moments, we are certain that what we are feeling is beyond the material or mental dimension.

We have the desire to experience that emotion again, and in fact, we try to replicate it. Perhaps we considered making changes to our daily lives to guarantee that that experience would happen again and again. Someone makes the decision to create a radical change in order to remain immersed in that dimension. Someone formulates the thought: "this is what I am truly interested in." "I don't want anything else!"

This is an honest and effective way to desire to move towards the spiritual realm, even if you have not yet experienced it. Sadly, this is not the case for everyone.

● **Esotericism and absurd hopes**

There are those who do not have the correct intuition for what to look for. Their pursuit may involve seeking occult and esoteric experiences or seeking something that enhances their body or mind performance. This may be the first sign of major problems or a great waste of time.

Attempting a mystical path is sometimes a plan for some, but ultimately they end up cultivating the hope of improving their mind's potential. Trying to follow the spiritual path while only studying esoteric texts is a futile endeavor. This may happen when they are unable to concentrate while practicing mystical techniques. In my opinion, knowing the endless joy that can be gained by practicing a spiritual path while facing constant distractions leads to a natural increase in concentration.

People who are seeking experiences that are both magical and esoteric will not have any spiritual awakening, and even if they have a slight passion for spirituality, it will eventually fade away. There are

concepts in esoteric thought that, if applied in practice, can ruin everything.

If one has experienced a series of profound emotions that have brought them into touch with a great, noble dimension, they should only seek to stabilize that connection.

For that reason, let go of certain studies, forget them completely, and allow yourself to be enveloped by the magic of the past experiences you have already had. It seems obvious and natural to me, but it may not be so obvious to everyone. Sadly, there are those who lack sincere, genuine, and intense spiritual aspiration.

- **Hope to be able to follow a spiritual path based only on science**

Processes that claim to be 'scientifically' sound are appealing to many. It is necessary to recognize that scientific research is founded on empirical evidence, measurable data, and repeatable methods of inquiry, while spirituality deals with inner realms, subjective experiences, and deeply personal meanings. A spiritual path requires aspiration that comes from the heart, rather than reasoning. One cannot pursue a spiritual path solely based on its supposedly scientific basis.

Spirituality is centered on seeking meaning and connecting with the transcendent. Scientific methods cannot be used to replicate inner peace and joy that spiritual goals often involve. Spirituality reaches the most intimate parts of the human being, where logic and rationality become replaced by faith, intuition, and the aspiration of the heart. Spirituality focuses on dimensions of existence that are beyond the scope of science, and requires a strategy that emphasizes the heart, soul, and spirit.

- **Paths of personal growth**

A personal growth path should be a process of intentional and conscious self-improvement. The objective is not precisely clear, but the ideal is to have more balance, awareness, and understanding of your potential. Such a path would have these characteristics.

To start with, work both independently and with others. This work involves thinking about what you want to improve or change in your life and setting clear goals that you can achieve. Obtaining aid from coaches and mentors who assist you in recognizing your strengths and weaknesses.

By analyzing your behavior patterns, you can gain a deeper understanding of who you are, how you respond to situations, and where you can make improvements. The task involves handling difficult emotions like fear or anger, and improving one's ability to remain calm and resilient in adversity.

By growing, you can develop greater empathy, listening, and understanding of others, which involves accepting and loving yourself for who you are. This doesn't mean giving up on improvement, but rather learning to respect your limitations and appreciate your individuality.

While these ideas are advantageous, they are primarily mental efforts that are believed to be the most suitable preparation for a mystical journey. When I talk about 'the great illusion', I am talking about misguided ideas related to the spiritual journey. Spirituality requires control of your restless mind, not mental work, which is the problem.

It is necessary for you to give up on an objective that I, like an idiot, have pursued for many years. I am referring to the idea of cleaning, of enhancing one's personality and Ego through self-effort. This concept, along with burning karma, is a product of the New Age movement. Improving their personality is something that those who try to do will continue to do even millenniums later. Mental work is ineffective in transforming your integrity or even a small part of yourself. It is not capable of helping you die to yourself and be reborn to the Spirit. It is impossible for the Ego to be improved, made more transparent, and more civilized. The Ego's only option is to die.

If you want to follow a spiritual path, you must consider the other side of the mind screen. You must transcend the screen and avoid pretending to change your mind. It will remain the same. The nature of it is intrinsically limited. If you want to move beyond the screen, it should be destroyed instead of used. This screen makes you feel impure and unworthy when faced with the spiritual path. This idea is what makes up the great illusion. This limiting belief holds you back and hinders you from achieving real inner transformation. The many possible paths of personal growth provide a hope of overcoming these feelings of guilt and inferiority through psychological means. These are centered around discussions with either an expert guide or a group of trusted friends with whom you openly discuss your limitations and difficulties. In my view, these methods result in poor outcomes.

We should aim to comprehend how the mind functions. The illusion is that your value is solely dependent on your external identity, including your roles, successes, and how others perceive you. The ego creates a picture of your identity. This is solely a superficial layer of our essence. The solution would be to transcend the ego and recognize that your true nature is much larger, and connected to a higher spiritual dimension.

It's difficult to find this dimension in other people's approval, as it requires an internal transformation and a change of perspective on life and the meaning of existence. It's possible to achieve this by pursuing a spiritual path.

It's important to avoid being stuck in a web of limiting beliefs that distort our view of the world. These beliefs are created by the great illusion, as they do not reflect our true essence and are just mental projections.

The 'great illusion' also encompasses the fear that changing is either risky or painful. Numerous individuals are stuck in life patterns that no longer serve us and are afraid of leaving their comfort zone. This is a significant deceit, as true change, even though it may be difficult at first, is the key to inner freedom and the realization of our potential.

The 'great illusion' is overcome through meditation, not intellectual exploration of the self. Overcoming your Ego and acknowledging your illusions is possible in the world of Spirit.

In conclusion, let's take the initiative to end the unnecessary work of following a path of personal growth that requires mental effort for years. Let's stop treating ourselves with too much severity and feeling guilty. Stop thinking that becoming a 'good devotee' is required before starting your spiritual journey. This will prevent you from starting the spiritual path because you won't feel prepared.

Accept yourself as you are. Don't think that self-discipline and a commitment to self-improvement as a human being can eradicate the root of iniquity and selfishness in your consciousness.

There is no need to combine spirituality with psychological work. Pure mental effort alone cannot rectify your human nature. Enjoy your mystical practices and surrender yourself to what they offer.

● **Serious mental problems require specific professional care**

It is important to acknowledge the harsh truth that mental problems, such as neurosis, cannot be treated through spiritual procedures. There are individuals who have embarked on mystical practices in an attempt to solve mental health problems. Frequently, those individuals have been persuaded to follow this path by their friends who have no mental health issues and are successfully following the spiritual path. The happiness and contentment they have gained through such practices has led them to deceive these people.

Obtaining results in the spiritual path is possible only when a person is truly involved in the required practices. When someone suffers from neurosis, they generally do not feel true devotion. It is not within their

abilities. Love for the Divine is only curiosity when involvement is absent. Their suspicion about the technique is fueled by the question 'Will it actually work?' Disappointment will be a constant concern for them. The practice will have little concentration and almost no emotional transport. Failure is unavoidable. The spirit's dimension can only be experienced by those who place their trust in the ideal area of the sacred.

● **Dependence on a guru**

A spiritual teacher who is sincere about their intentions and has excellent practical training can be of some help. Spiritual principles are understood by disciples through lectures, talks, and guided practices, and they find their own path to enlightenment or self-realization through guidance, practice, and teachings from the teacher. Spiritual teachers often share knowledge by modifying it to match the needs and capabilities of their students.

It is important for spiritual teachers to act as role models by embodying the principles and values they teach. He or she exemplifies the practice of living in harmony with spiritual teachings, offering disciples practical guidance on how to implement these principles in their daily lives. The way a teacher speaks and acts is often a source of inspiration for those who follow him or her.

The purpose of a spiritual teacher is to provide assistance and guidance on spiritual and personal matters. He or she facilitates the journey of disciples through life's challenges, overcoming internal obstacles such as fear, doubt, and ignorance.

To follow the spiritual path, one must have a commitment and discipline. The establishment and maintenance of a regular spiritual practice is aided by a spiritual master. Disciples are helped to overcome inertia, laziness, and distractions through his encouragement of perseverance.

A good teacher is accountable for maintaining the authenticity of the teachings and transmitting them to disciples, as well as making sure that the wisdom of the tradition is still relevant and accessible.

Their task is to assist disciples in obtaining a genuine spiritual experience. This process is not limited to acquiring new knowledge, but rather to removing the barriers of conditioning, fear, and ignorance that hinder us from understanding reality as it is. The master directs disciples towards awakening their awareness and attaining enlightenment.

In a lot of spiritual disciplines, the importance of the initiatory rite is stressed. In my view, excessive insistence is suspicious and it's crucial to ask ourselves some questions.

When I question myself about the initiation process, I am certain that there is no other activity other than a strong emotional response. In rare circumstances, there is a possibility that something deeper takes place. Using our thoughts and creating hypotheses, we can fantasize and imagine many mysterious happenings. What does this serve? It's essential for us to stop our thinking so that we don't leave room for imagination.

We are aware that a ritual has a significant emotional impact that imprints itself on our subconscious and motivates us to stay true to both the practice and the person who initiated us. Can we truly have faith that the Guru can help us destroy some of our karma? We cannot accept that the bad actions we have committed in the past will cause our Guru's karma to increase. This is exactly what certain Gurus assert. Wouldn't it make sense to believe that everyone will have to handle their own karma? It's funny to me when a master assures me that he'll take on some of his disciples' karma. I am often pondering where he gets the courage to make such statements.

It should be noted that a master is a human being with limitations. The education received and possibly the specific religion influenced during childhood are both influences on every master. A master makes an effort to portray himself as someone who is perfect. Dismantling certain unconsciously received conditioning from the master requires the disciple to reflect extensively. It's not uncommon for the disciple to take their master's fantasies too seriously. It is crucial for the disciple to develop critical thinking. The affection and admiration that the disciple will feel for their master is still present. It's important to realize that Gurus aren't perfect, but rather human beings who have limitations due to their education and culture.

If a person cannot contact a genuine Guru, they should not give up hope. The teachings found in certain books can assist them as they begin their journey. It's not hard to start with very little. Time will give them the true inspiration: through other books, traveling, and meeting with someone with experience in this field.

From my perspective, it is true that having an expert nearby is the best course of action. The greatest event, on the other hand, happens when someone recognizes the inner Guru within themselves, who is a solid reality and the sole source of help. By understanding this, one can free themselves from the need to adhere to a tangible guru and become a self-assured individual who moves forward independently. Finding the courage to do this and managing to do it can help avoid many disappointments and unnecessary waste of time.

Lastly, remember that critical examination of any teaching or practice should involve comparing it with your own inner experience and the wisdom of established traditions. By using this method, you can avoid blindly adherence to doctrines that may be based on falsehoods or manipulations.

Not all spiritual teachings or teachers possess authenticity. It's crucial to learn from guides and traditions, but it's equally crucial to trust your own intuition. Listening to your inner voice is essential when something doesn't feel right, regardless of whether it comes from a reputable source. This safeguards you from choosing paths that may not be right for you.

● **Dependence on sects or large organizations**

An immature mindset is to fully give in to the allure of a strange and bizarre spiritual master while disregarding common sense.

It can be challenging to recognize, but the mind that leads us on our spiritual journey is also the adversary who is pursuing destruction.

It is evident that a lot of spiritual seekers have psychological weaknesses. It's regrettable that the seemingly intelligent mind is willing to accept even the most ridiculous expectations when they approach the mystical path. Do we hold the belief that a mature individual who consistently meditates is not prone to unthinkable and irrational expectations that contradict the fundamentals of the spiritual path?

There are a variety of reasons why staying away from cults is essential, including personal safety, individual freedom, and psychological and spiritual well-being. The use of mind control techniques is common in cults to manipulate their members. Their strategies can involve social isolation, intense indoctrination, and emotional manipulation, all of which aim to make members dependent on the cult and its leader. The loss of critical thinking and independence can result in members having difficulty leaving the cult or making decisions for their own good.

Numerous cults take advantage of their members' emotional and financial well-being. Frequently, the leaders of these institutions ask for large sums of money or material goods, claiming that these contributions are necessary for 'salvation' or to achieve higher spiritual aims.

Cults often isolate their members from social interaction with others, including friends, family, and society at large. The isolation can lead to an environment where the cult becomes the member's only point of reference. Isolation increases the member's dependence on the group and decreases their capacity to perceive reality outside the cult.

The environment of cults, which is characterized by manipulation and coercion, can have a significant impact on the mental and physical well-being of their members. Psychological pressure, isolation, and

unrealistic expectations can lead to chronic stress, anxiety, depression, and sometimes physical health problems. In addition, certain cults advocate for unsafe medical practices or reprimand members from seeking traditional medical care.

A cult could try to eliminate the uniqueness of its members by demanding complete submission to the group or leader's will. Members lose their identities as they give up their beliefs, values, and personal connections to follow the cult's instructions. Leaving the cult can lead to a profound identity crisis and a sense of loss, which is a result of this process.

Often, cults cause damage or destruction to relationships with family and friends. Members may be urged to end their connections with anyone outside the cult, including those who attempt to aid them. Social isolation is a problem that damages relationships and makes it tough for members to leave the cult, as they lose outside support.

Cults frequently claim to promote spiritual growth or enlightenment, but in fact they impede genuine spiritual advancement. Instead of promoting genuine inner exploration and spiritual progress, the emphasis is on worshipping the leader or following the cult's rules.

It is vital to protect one's freedom, integrity, and well-being by avoiding cults. Maintaining a healthy distance from any cult structure enables you to protect yourself, build genuine relationships, and pursue genuine spiritual growth based on freedom, love, and mutual respect.

Be cautious about completely depending on large organizations that provide valid spiritual teachings. They can appear perfect at first, but then they turn out to be cages that overload your head with unnecessary things and offer diluted teachings that are not appropriate for you as a distinct and unique individual. It's possible to use them for a few years. But then it's good for you to follow your own path.

Strictly following the injunctions of an organization often seems like an absurd decision. The disciple is convinced that using logic and making any slight changes to the knowledge gained is always a sign of stupid arrogance. The term 'loyalty' is frequently used in organizations to describe giving up the ability to reason and make decisions. Sadly, some disciples become like the animals being fed by humans and lose their ability to be self-sufficient. If you explain this to people, you will find yourself faced with unreasonable and overwhelming resistance. There are those who argue that devotion is the most important factor of all. To me, confusing devotion to the Divine with loyalty to the Guru and his organization is a caricature of the spiritual path.

- **Sooner or later every practitioner will have to learn to become master of himself**

Learning to be self-taught in the spiritual world can have both advantages and limitations. The journey of spirituality is deeply personal, and it's essential to have the ability to explore, reflect, and grow on your own. Nevertheless, it is crucial to consider the balance between self-teaching and external guidance.

Some areas of spirituality can be complex or challenging to comprehend, and a totally self-taught approach could cause confusion or errors in judgment.

Self-discipline is of utmost importance. It's tough to maintain a regular and consistent practice without the support of a teacher or community, and it's a risky move to abandon it when things get tough.

Spiritual teachers or guides can offer essential corrections and feedback to avoid common mistakes in practice. A spiritual teacher who is experienced can aid in overcoming internal blocks and challenges that may be tough to deal with on your own. Spiritual growth can be accelerated and deeper through external guidance that introduces the practitioner to teachings or practices they wouldn't have discovered on their own.

Spirituality can be a journey that is solitary, but if you're in contact with a community or group of practitioners, they can provide support, inspiration, and comparison.

Being self-taught enables you to investigate various spiritual traditions, practices, and teachings at your own pace and level of interest. You have the freedom to pursue authentic personal growth and discover what truly resonates with you without being bound by a single perspective or method.

Self-taught individuals have the ability to tailor their spiritual practices to their specific needs and circumstances. The timing and manner in which you practice can be tailored to integrate spirituality into your daily life in an organic and personalized way.

Self-taught paths help you strengthen your trust in your intuition and inner guidance. In the absence of a teacher, you develop a more intimate connection with your inner voice and the Divine by relying on your own discernment and feelings.

To wrap up, I can state that I have encountered teachers who have left me feeling extremely disappointed. There was no indication of intelligence or humanity from them. As time went by, I realized that I couldn't continue living in a cage of beliefs, habits, and attitudes that were based on conforming to certain patterns.

It's been stated that those who don't have a Guru use their ego as their Guru. It's possible for this to be true. Yet, I am convinced that combining practical experience and intuition can aid anyone in improving their spiritual path without the need for permission from others!

It is beneficial to be born spiritually within a specific structure, guided by a carefully chosen guide. But it is inevitable for everyone to become self-taught sooner or later. This implies that one can enhance their path in a deeply personal way. The act involves always being open to learning from other sources, avoiding isolation and misinformation, and enjoying the freedom and flexibility of personal exploration.

4. FIRST CONCRETE STEPS

Since the publication of my book about my experiences with Kriya Yoga on my website, numerous individuals wrote to me to express their struggles and uncertainties regarding their approach.

In these friends, I have consistently found a desire to experiment through the application of rational principles. There were times when I was taken aback by the intensity of the experiments they conducted on their bodies. I am discussing experiments that I found to be useless and dangerous. There were individuals who were subjected to extreme fasts, those who tried to get used to very cold temperatures, and other similar habits. I would rather see them proceed calmly, move forward in a balanced way, and avoid any shocks or major upheavals.

It's obvious that I had to accept their personality. Throughout my life, my attitude was always characterized by sincere sympathy and a smile for their 'oddities.'

After recommending that they cultivate their devotional side, I observed how they went about it by applying their own beliefs and strategies. Over time, I have given them some straightforward advice, which I am presenting below.

● **One step at a time**

Spiritual practices, such as meditation or prayer, require time to develop. In general, it is advantageous to embark on a spiritual journey in small steps. Adhering to this approach enables you to fully experience every moment and appreciate the beauty of the journey itself.

The spiritual path doesn't involve a race to the goal, but is rather a continuous exploration that necessitates patience, dedication, and an open heart. The spiritual journey is not straightforward; it can be filled with ups and downs. It's not meant to be a source of pressure, but a journey toward inner peace and balance.

Let's provide you with a grasp of what 'in small steps' means. In their practice, one can start by following only one simple instruction from all that they have received. In the event that a path is comprised of multiple parts, he chooses (or is instructed to pick) only one. Every day, he spends a few minutes on it and waits for a reasonable amount of time (such as a week or two, or a month) to experience any positive effects.

We're not talking about miracles here, just something that can be

objectively perceived by our soul and our perception of various facts that characterize our life. For instance, it's possible to observe that we perceive things differently. The natural world around us seems to uncover more beautiful aspects that we were never aware of before. The colors appear more vivid, even the individuals appear happier! We understand the significance of friendship and family affections and are captivated by them. It's important to keep practicing until a similar outcome occurs.

When you are sure that a change has occurred, you add another small detail to the practice. As happened with the first step, a priori you do not feel sure of anything. Perhaps you fear failure. Yet it is right to face the unknown until something happens. It is not right to proceed further until this second result manifests itself.

The path continues calmly step by step, once you understand and accept this criterion. We steer clear of the danger of feeling apprehensive or dismayed. We learn to adapt naturally to any fluctuation, including mood swings and small moments of uncertainty. We act with harmony, embracing even the tumultuous times in our lives. We can appreciate the journey without being limited to dreaming about the final destination, by taking one step at a time.

- **Each step has two aspects**

Imagine a teaching that is gradually given in small details. Let's consider each and every detail. After explaining this detail, the practitioner is instructed on how to conclude their practice session in a few simple words. It cannot be said that this last instruction is a real teaching. It's suggested to wait at least a few minutes before getting up after practicing instead of doing so immediately.

This fact brings to mind the recommendation given by doctors when someone receives an intramuscular injection: "wait for the medicine to enter circulation before waking up"! The ten minutes that come afterward are only meant to wait for the practice to take action without being disturbed.

We must have the courage to come up with better ways to spend those minutes of waiting. Let's attempt to apply the procedure we just learned in a simpler manner. The instructions that form the technique should be avoided in practice. In actuality, the practice is over. What is the meaning of refraining from continuing to apply the procedure that was just applied? If we have practiced hearing internal sounds and were advised to cover our ears, we can try to relax our arms and continue the inner listening process by giving up the practical help that has been recommended. Let's proceed in a relaxed manner while keeping our ears open. As we listen, we

should aim to remain free from thoughts, reflections, and the mind's thoughts. The relaxed method of proceeding adds to the practical session and completes it perfectly.

It's rare for a person to always practice in the same way, let's not forget that. Any seeker's spiritual diary is often filled with passages that reveal a certain level of enthusiasm for a specific choice. We have moments where we believe we have found the miraculous formula and then there are moments of embarrassment for trying other technical details that have not yielded good results. This is all completely natural. That is what it should be.

A seeker cannot do anything but always continue to experiment based on the time available and the amount of support his body can provide, which will therefore manifest.

Rereading our spiritual diary as the days pass, we reflect on the influence our practice has had on our general mood. The practice is usually enjoyed in a pleasant way. In the event that this doesn't happen, it's better to give up on this procedure. If this does occur, it's a good idea to spend some time remembering those moments and acknowledging how valuable they are. It is crucial for individuals to identify at least one inspirational phrase in the spiritual books they read and underline, and to repeat it internally during moments of reflection.

By doing this, we can escape the collective hypnosis that a fast-paced life brings us into. Let's immerse ourselves in the pleasure of embarking on a spiritual journey. It is feasible to add more details to our diary about the most memorable moments we have had. Let's endeavor to comprehend that the spiritual path doesn't lead us to emptiness but rather teaches us how to live a more beautiful life. These reflections are essential. It's important to feel an inner glow in life, which is also accompanied by a feeling of intoxication at the heart level. Our spiritual path will be shortlived if our unconscious thinks we are moving towards an emptiness that is devoid of beauty.

● **Completion of unfinished lessons**

You may have the impression that a particular teaching is not clear or complete. You want more details.

It's necessary to acknowledge that each teaching cannot be complete. If this were the case, it would be an unnatural instruction. It's important to try to comprehend this fact.

Try this experiment: rather than seeking clarification from your source, use your imagination to figure out how the desired information is being given to you. Strive to formulate it precisely with patience. Finding

the courage to apply your intuition with bravery, serenity, and confidence will result in a positive outcome. This will bring unexpected satisfaction.

Through your imagination, you can bridge the gap between inner reality and the transcendent one. This approach allows you to access more subtle aspects of reality. You will come to the conclusion with increasing certainty that you have not gotten into the realm of fantasy but into pure spiritual reality.

Similarly, be courageous in expanding your understanding by visualizing events you know will happen sooner or later. When you meditate, visualizing light filling your body can act as a seed that will bloom in the future. Likewise, you can envision energy moving through your body and picture the opening of the energy centers. Imagining everything as if it had already been realized.

If you find that a teaching seems incomplete, it may be because it was deliberately left incomplete and your intuition is the only one who can complete it. Reality is co-created through visualization. Many spiritual traditions believe that the physical world can be represented by what is visualized with conviction and clarity. By imagining a desired future with detail and emotion, it is possible to bring it to fruition.

This enhances and fortifies intuition. Meditation or other practices can cause spontaneous mental images to emerge, revealing insights or spiritual messages that are not normally accessible through rational thought.

Imagining your dissolution into infinity or visualizing your union with the universe can set the ground for actual mystical experiences. I am convinced that this is the correct path for receiving spiritual teachings. This is the exact opposite of a fake explanation that is too detailed. I frequently have the feeling that a teaching that is too detailed is not part of any solid tradition but was made up from the ground up.

● **Correct attitude**

We have observed what are the wise decisions to follow when embarking on a spiritual journey so far. I am focusing on those who have already faced the initial difficulties. It may take years to fully comprehend the best attitude to follow a spiritual path. There would be a lot to say, but I will try to cover what I consider essential.

I think it's important to try to achieve a mental void before practicing meditation, even if it seems contrary to our natural tendency. In my opinion, the most effective meditation method is to stand in front of your mind and move the thoughts that come to mind gently to the margins, one

at a time. It's important to gradually remove even the idea of practicing this operation. This process can be described as 'dying to oneself', it offers a deep sense of relaxation and provides complete mental rest. It's essential to have the ability to forget everything, including your identity.

This practice is not restricted to the meditation session only. When adopted at night, before sleep, one feels rejuvenated, as if they are a new person. Those who attempt to 'die to themselves' with sincerity do not encounter emptiness or annihilation, but are instead reborn into a new life of uncontaminated joy.

An important aspect must be clarified. Our discussion is about the desire to reach out to the Divine. A deep desire to come into contact with the Divine is inevitably present for anyone who approaches a spiritual path. Even if this desire is legitimate, it is necessary to firmly abandon it. We should never expect anything. A subtle and almost invisible form of pleasure can arise if we rely on vague expectations or specific visualizations of the end result. Nonetheless, it is imperative to eliminate it.

Any ideas about what we should do or achieve to reach the Divine must be abandoned. The aim is to attain the state of 'non-thought'. The only thing that needs to be done is to make this decision.

Let's make an effort to further clarify this concept. Upon reading the lives of the saints, it is clear that those who have achieved enlightenment have done so with a burning, almost desperate, desire to attain this objective. Occasionally, their actions come across as incomprehensible to us, as if they are insane. It is possible that we might question their reasoning ability. It's obvious that this desire has never turned into mental toil.

If their desire had been driven by their mind and only supported by reasoning, it would have been a hindrance. It would have been an obstacle to a profound experience. In contrast, practicing with complete concentration involves a state of deep relaxation and total surrender to the Divine. This observation reveals that if our inner passion is bothering us, it's necessary to distill it, condense it in front of our inner vision, and then deliberately take it out of our mind.

Lastly, let's ask ourselves: is it essential to cultivate a devotional mindset in practice? To me, forcing this type of intention is not useful. We are on the brink of entering a completely different existential dimension, and we don't know what awaits us. We cannot expect anything other than the fresh breeze of the Divine that envelops us in perfect peace. Our heart will open naturally if this occurs, without the need to create artificial devotion. Forceful action in this high-context could lead to compromise of the

experience's purity.

● **Begin any meditative practice with a RESOLUTE DECISION to abandon the THOUGHT DIMENSION and focus solely on DEEP EMOTIONS.**

Let's endeavor to convey to someone that it's not feasible to continue on the spiritual path while still being unconsciously in the realm of Thought. It is unfortunate that the individual is incapable of comprehending how to accomplish this because they instinctively do not know how to do anything else but use Thought. While you are explaining, the person listens while still thinking and cannot comprehend the essence of what you are saying.

If we could learn from a young age to live differently and connect with our emotions, it would be wonderful.

Many people are unfamiliar with the term 'emotions'. They may be knowledgeable about them, but have never contemplated trusting or believing in their worth.

Thought is absent in deep emotional states. Yet while we experience emotions, we also exist and have a profound experience of reality. It's obvious that the individual believes that Thought is more reliable and trustworthy. We come to understand over time that Thought is useful and essential, but only for surviving in material reality, while deep Emotions are the only means to experience Spiritual reality. Full maturity is necessary for this characteristic of ours to become stable.

Regrettably, many individuals will never come to this realization. Those who explore spiritual reality with Thought will undoubtedly descend into a gray, dark, hopeless atheism. You have a reason to despair. You run the risk of becoming depressed and ending up in the most severe form of pain.

It is a fundamental duty to try to align one's inner development with the feelings that arise from the heart. The heart, considered the center of emotions and intuitive wisdom, is the most crucial guide in the journey of spirituality.

When we face meditation and free time, when we have the opportunity to relax, we must put aside all reasoning and eliminate it. We need to strive to live in harmony with our hearts and listen deeply to our emotions. The heart is the center of our soul, the most genuine and attractive aspect of us. Listening to it implies paying attention to what brings us joy, happiness, and peace.

It's important to acknowledge signs of disharmony or suffering. Once our practice is done, we have the ability to use Thought to determine if there is any imbalance in our life. Perceiving it and understanding where

the problem lies are both assisted by the heart. We should use our hearts and minds to guide us towards a solution to this problem.

We need to agree to make the necessary changes, use Thought to create an action plan, and don't get overtaken by superficial emotions. When I speak of Emotions, I am not referring to emotional instability. I am referring to something that is both calm and profound. It is a fact that this is not a possibility for everyone, and I am very aware of this.

Regrettably, it is necessary to mention that people who experience continuous emotional instability cannot try to heal their emotional dimension by opting for a mystical practice as a remedy. This decision is not effective. We need to recognize and accept this fact.

The stability of emotional tranquility is necessary for one to live with one's heart and use reasoning in the right way. Accept with serenity and patience that our spiritual path may be uncertain or difficult, then let the Thought go. We must guarantee that this approach is stable and well-founded. To have a life that is complete and meaningful and aligns with our true essence is only possible in this way.

5. EXPERIENCES THAT CAN HAPPEN

● **First spontaneous experiences**

Life experiences, meditation, or reading spiritual texts can lead to spiritual awakening in different ways. It's possible to occur spontaneously. This awakening isn't exclusive to a particular religion and can happen to anyone in any cultural or religious context.

When this occurs, the person's focus shifts from their head to their heart. They feel like they had a genuine encounter with the 'Divine'.

They are free from all the bitterness that stemmed from their concepts and reasoning. In that moment, their consciousness reaches a state of pure, perfect, and inexpressible joy.

Spiritual awakening is marked by an internal transformation. This waking up can lead to a new perception of oneself, one's existence, and the world around. It appears to the individual that they have come closer to something unique than anything they have experienced previously.

A mystical experience can be a sudden transition into a contemplative state where consciousness is in contact with a reality that is unfamiliar and totally different from the usual way of managing life.

An experience of something incredibly beautiful can actually transform someone. An unfathomable joy emerges from the innermost reality of one's being, from the depths of one's soul, and one is captivated by it. One's awareness is intoxicated and lacks specific thoughts. Words are not sufficient to describe all of this: it should be left to intuition.

Life priorities can change, and often they shift towards values like love, compassion, empathy, and the search for meaning in life that isn't just about material success. A renewed connection with nature is experienced by some and they see it as an expression of the Divine or spirituality.

In the end, the awakening of a person happens not in their mind but in their heart. At times, this aspiration turns into a love for a person who is considered holy or exceptional. The decision to follow that magnificent example is a very strong and reliable motivation.

It's a fortunate event when a person feels drawn to mystical paths. The results will only last if the person has genuine and sincere aspirations.

● **Codified experiences**

1. *Ecstatic Experience Characterized by Extremely Intense Love for the Divine*

The mystical traditions of various religions frequently experience intense

love for the divine in their experiences of mystical ecstasy. When people describe these experiences, they often talk about them as moments of direct connection with the Divine, which transcends the limitations of the rational mind. The experience of love becomes so overwhelming that any sense of separateness from the Divine vanishes.

In Sufism, Fana is the eradication of the ego in God, and in other traditions it refers to the achievement of Samadhi.

This love is thought of as being pure and eternal. In this state, the practitioner is suffused with a transcendent love that transcends all boundaries and is often described as intoxicating.

Mystics frequently describe love as a burning fire within the heart that drives the practitioner to an indomitable desire to be united with God.

During ecstasy, it is common for someone to lose their awareness of themselves, time, and space. The usual mind dissolves, and the practitioner encounters a state of non-duality, in which there are no boundaries between themselves and the Divine. Many mystical traditions refer to this state of 'absorption' as the moment when one experiences the true nature of being.

A feeling of infinite peace and happiness is accompanied by mystical ecstasy. Even though it's intense, there's a sense of total calm and bliss. According to practitioners, this state is a state of indescribable happiness.

Physical ecstasy can be reported by certain mystics, resulting in shivers, tears, or a sensation of bodily lightness. In Christianity, individuals such as St. Francis of Assisi or St. Teresa of Avila experienced mystical levitation, a form of physical ecstasy where they appeared to be floating above the ground. An angel pierced St. Teresa's heart with a dart of fire in a vision that she had. Her fiery love for the Divine was the source of the fire that she perceived.

Even within the confines of Sufism, individuals can experience states of ecstasy while engaging in Sama or the whirling dance that cause them to move without thinking, guided by the flow of divine energy throughout their body.

Rumi, a renowned Sufi poet, wrote extensively about the euphoria of divine love. In his poems, he explains that his soul is completely enchanted with love for the Divine, as if it were "drunk" by this divine love.

Buddhism emphasizes that ecstasy doesn't have to be a personal love for a deity, but rather heightened awareness achieved through deep meditation.

As a whole, ecstatic experiences that are characterized by intense love for the Divine are significant manifestations of a spiritual connection that transcends the material world and merges the spirit with God. All mystical traditions acknowledge these experiences as the culmination of

the spiritual path, the moment when love for the Divine is so powerful that it transforms the entire body, resulting in immeasurable joy and peace.

2. Experience of Strong Energy Ascent in the Spine

Such an experience clearly identifies the awakening to the reality of the spiritual dimension that is experienced directly. Their lives were forever changed by the experience, which had a profound impact on consciousness and was the most intense and powerful event of their lives.

After such an experience, someone may feel they have activated a region of the brain that was never used before. The significance of this experience is obvious and unmistakable. Thinking or reflecting is not necessary to realize that they have contemplated a reality that has always existed, but was hidden in their consciousness. It has not been clear to them until now. It is perceived as the solidest reality in all of human existence.

There are various ways in which this experience can occur. For instance, on a given day, you finish your mental task and lie on your back to rest. You are experiencing a deep sleep. During sleep, you may suddenly experience awareness without feeling your body. In that state, energy flows up the spine, and then consciousness bursts into an intense joy experience. In this state, you have contact with the spiritual realm. Although your inquiry thoughts are absent at that moment, you intuitively know that something very beautiful is taking place.

After the experience is over, you return to your normal state, get up calmly, and carry on with the previous activity. It is impossible to comprehend the state of the body during those moments: whether breathing has stopped or not, whether the heart has stopped or not. It is impossible to know for sure.

The days after these experiences may be filled with excitement, as one is pushed to act, make changes, and imagine new projects for the future.

3. Experience of Listening to Inner Sounds

To listen to inner sounds, the practice needs to be very intense and strengthen the will to access this dimension. It's necessary to accept that there will be no results for a few weeks.

One day, you hear a faint inner noise similar to that of a mosquito's buzzing. Then a faint sound, similar to small tinkling bells, is detected. The final sound you hear is the echo of a bell ringing in the distance. This beautiful experience is completely distinct from the previous one described (energy rising in the spine). However, you experience a feeling of complete contentment, as if you have reached the end of the spiritual path. The sweet

memories of your life are present on the edges of consciousness and do not interfere with your deep recollection.

This sound is filled with a great sense of comfort. It possesses a lot of beauty. During this experience, one experiences an intense and enduring love for the Divine. A spontaneous devotion is emerging that has never been experienced before.

The devotion can become more intense, resembling if one's being were split into a thousand and each part overflowed with joy and love. There is no doubt that this experience is what one has been searching for all throughout their life experiences.

4. The sensation of perceiving inner lights

When one is in a state of deep concentration, they can experience inner light. It's best to enjoy the intimate joy they bring without attempting to rationally comprehend their significance. It's unreasonable to expect them to repeat themselves every time someone practices. It's true that some experiences may never happen again. Accepting this eventuality with a calm attitude is also necessary.

5. Breathless Experience

There are many people who reach the state of breathlessness without ever experiencing a strong rise of energy along the spine. Breathlessness is typically achieved through the practice of Japa and Spinal Breathing. Certainly, breathlessness is the culmination of Spinal Breathing.

The beginning of this practice is typically with a normal, long, and deep breath. Perfecting it involves internalizing the process of breathing. Internalization occurs by focusing more on the sensations felt in the spine. The breath subsides and becomes almost indistinguishable until the sensation of being breathless takes over and it lasts for a few minutes without any sensation of deprivation, but only a disappearance of thought and a great sense of tranquility. The sensation that one feels in that state cannot be described.

Opening one's eyes triggers the experience to deepen, leaving one feeling a sense of inner freedom. The awareness of the inner energy that supports the body increases. This is the sole thing that can be understood and experienced. The best outcome would be if this happens at the end of every practice session.

The impact of having this experience is worthy of reporting and commenting upon. For a significant number of people, experiencing

breathlessness is similar to experiencing an earthquake. It's impossible to predict how a person will handle such an experience. Theoretically, it could be thought that such an emotional experience would decrease one's attachment to material objects. Nonetheless, it appears to have the opposite effect: the individual appears to be moving towards a complete life, filled with all possible fulfillment. It is possible to have fun with different kinds of reading (spiritual texts, classical literature), listening to music (pop songs or classical music), seeing all kinds of films, and planning trips. In his pursuit of a fulfilling life, he becomes unstoppable and uncontrollable.

What is the rationale for explaining this? It's a simple concept: one has reached a dimension that is beyond one's own mind. Thus, the self-imposed limitations of one's own thinking have been removed. The chains that they were unaware of are now gone. Feeling free to be themselves, people can realize their desires that were previously repressed or put aside. It is assured that they will fulfill all of these desires one after the other.

If you question yourself, what is the time it takes to reach breathlessness? I am capable of stating that if one doesn't have a precise method and refuses to use Japa to calm the mind, it may take many years and perhaps even never happen. Following everything we have suggested can result in less than a year.

It's important to remember that the mind is the ultimate adversary. It's necessary to recover from the habit of thinking too much and in vain throughout the day. If you want to overcome this common evil among spiritual seekers, you'll need to humbly become acquainted with the practice that all saints and great masters adopted, known as 'Inner Prayer', which is also known as 'Japa'. This action alone can lead you to a state of breathlessness during the final minutes of your routine.

● **Why am I reluctant to discuss other experiences?**

The reason behind this is that some experiences may be fictitious. For instance, one may experience a state that they perceive as significant, so much that they believe that they have undergone a profound change and have gotten a blessing from the Divine.

Let's use the example of several individuals who have deceived themselves into believing that they can enter Samadhi at will, as described in books, and that the spiritual techniques they have learned are no longer required. Perhaps a person has actually entered such a state or perhaps he is just playing with thoughts and is simply hypnotized by them.

It is important to grasp that spiritual growth is a process that takes time and effort. We need to be patient and not seek immediate results.

In the event that a person has experienced instant enlightenment,

what steps can be taken to help them reconnect with reality? I am of the opinion that no one can provide this assistance. Nor can life's experiences.

Authentic spirituality is not a means to escape from reality, and it doesn't belong to a sick brain that relies on strong self-deception. Mental wellness must lead to the acceptance of objective reality and allow individuals to live fully with all their limitations, while avoiding unrealistic expectations.

In order to prevent false illusions, it is important to be honest with oneself about one's motivations. To accomplish this, one must have a clear mind that is free from prejudice.

During the spiritual journey, one may encounter experiences or abilities that appear to be out of the ordinary, such as psychic intuitions or spiritual powers. Don't get distracted by these events and keep in mind that spiritual growth is based on love, wisdom, and compassion, not special powers or abilities.

A spiritual journey that is authentic requires one to be aware of one's limits and open to continuous learning. Humility is a key to avoiding spiritual arrogance.

To avoid the traps of the ego, it's important to move forward with critical awareness. Building a strong spiritual life is only possible through this method.

6. CHALLENGING MOMENTS

● Resolving doubt and spiritual crises

Occasionally, we encounter periods of intense skepticism, perplexity, disbelief, or a sense of dislocation. These doubts are a part of the natural progression of growth. It's important to explore them instead of pushing them away or ignoring them. Ask yourself: 'What are the areas of my spiritual journey being questioned?' Spend some time being silent, listening to yourself, and observing what comes to mind. By doing this process, you can become more aware of the nature of your doubts and find answers within yourself.

This is a method to make your path clean and clear. Once you've accomplished this, thinking will no longer be useful to you.

If your crisis is caused by being disconnected from your current practice or tradition, then studying different traditions can help you gain new insights and restructure your practice pattern.

Regardless of the circumstance, don't make an effort to find immediate solutions. It's important to allow yourself to live with uncertainty and allow your emotions and thoughts to evolve over time. It's common for answers to emerge gradually.

It's crucial to recognize that not all spiritual questions can be answered definitively. Accepting uncertainty is a part of the human condition and embracing it can result in greater openness and flexibility.

We mentioned that the Ego dissolves during a successful meditation session. It should be pointed out that the Ego undergoes reform immediately afterwards. Your crisis can result from this Ego.

In order to confront the Ego, it is essential to comprehend that directly confronting it is a losing endeavor from the outset. Relating to it is best done through a calm acceptance attitude, accompanied by a smile.

This enables us to recognize and observe it, recognizing it as abysmally separated from our true self. By recognizing our thoughts, we can disconnect from them and thus separate ourselves from the Ego.

By embracing our limitations and accepting that we may not always have a clear vision of our path, we can find authentic connections with the Divine and overcome challenging moments.

Our 'shadows' often grab onto the emotional part of our being. These are the parts of ourselves that we refuse or choose not to acknowledge. Embracing these shadows with honesty and compassion allows us to integrate and ultimately transcend them. Smiling at the intensity of their

manifestations isn't a quick process, but with each acknowledgment and acceptance, we move closer to our true essence.

● **Loneliness on the path**

Feeling disconnected from others can bring about feelings of solitude. In times of solitude, it is possible to gain a deeper understanding of yourself and strengthen your connection with the Divine. By meditating, you can discover a sense of peace and inner companionship that relieves loneliness.

It's possible to keep a spiritual journal to keep a record of your thoughts and emotions. Writing your feelings can make loneliness more bearable and provide new perspectives.

To overcome loneliness, one must combine introspection, spiritual connection, and social interaction. Through the cultivation of spiritual practices and the pursuit of genuine connections with individuals who share your path, loneliness can be accepted and understood as only a brief portion of the journey.

Don't forget that loneliness, like everything else, comes and goes. The spiritual journey has phases, and what you feel today may change tomorrow.

To overcome the loneliness, service to others is one of the most powerful means. Our true spirituality transcends the personal or internal realm and can be expressed in concrete ways through the actions we take for the benefit of others and the community. Sharing and manifesting universal love, which extends to all people, can be accomplished through serving others with unconditional love. Serving with love involves witnessing the Divine in every individual and acting accordingly.

Direct contact with the suffering, joy, and life of others profoundly enhances our comprehension of human nature and our own spirituality. Compassion, patience, gratitude, and resilience are precious lessons that we learn through service, which becomes a true school of life.

Our spiritual ideals come to life by concrete practice of 'service', which cultivates love, humility, personal transformation, and collective well-being. Serving not only enhances those who receive it, but also enriches those who serve themselves deeply.

When you make a commitment to the welfare of others without expecting anything in return, you shift your focus from Ego to the common good. This aids in recognizing the interdependence between yourself and others, diminishing the feeling of separation. Having compassion for yourself and others is a powerful tool for progressing on the spiritual path. Acting with compassion means going beyond the barriers set up by the Ego and acknowledging the suffering and dignity of every human being.

● **Life after life**

Despite suffering, I have acknowledged in their wholeness the implications of what I had understood. I am aware that until the end of my life, I will not have any certainty about what is beyond physical reality, about the meaning of life and who the Divine is... I desire to believe that I know and feel peaceful, but at this moment, I am forced to accept that I cannot locate and embrace the people I have lost.

What is the best way for me to live now? It's easy for me to answer. My only means of living is to complete my daily tasks and then, whenever I have the opportunity, attempt to reach the spiritual realm without the use of thought. To accomplish this, I must enter into a state of breathlessness and stay there for as long as possible.

If the reader finds what I say distressing, I advise him to accept the sadness that is common to all human beings and endeavor to stop the creations of fantasy.

In my heart, I have a feeling that the spiritual journey doesn't end with physical death, but rather extends beyond, in a dimension or existence that I am unable to grasp. In my view, the spirit won't perish with the physical body, but will nonetheless continue its evolutionary journey. I think that the soul can always progress, and thus, I perceive a continuity in the spiritual journey from life to life.

Even though the soul undergoes multiple lives, I am of the opinion that it still has a spiritual memory or a constant essence. Although this memory is currently inaccessible to my awareness, it will aid me in making decisions and making progress.

This path of continuity is based on the role of free will, which is fundamental. In a different life, the soul will continue to exercise its free will, choosing the way and place to continue its journey. I am of the opinion that the soul's constant transformation will continue to bring it closer to its true essence and its ultimate destination.

The theme of the eternal spiritual journey, life after life, is based on the belief that the soul's spiritual evolution persists through a path of endless transformation. Is this merely a dream? The deepest part of my being tells me that this is not a dream.