



**UNIVERSAL TEACHING  
YOGA-MEDITATION  
FIRST BOOK**



**THEORY AND PRACTICE  
TO BE HAPPY**



*by Master Roger* [www.yogaspain.es](http://www.yogaspain.es)



**FIRTS BOOK**  
**by Master Roger**

**INTRODUCTION**

***Master Roger creates a web page in November 2009 and its theory has been a great success accepted worldwide. Three ½ years of existence already has more than 22,000,000 visits:***

***www.yogaespaña.es www.yogaspain.es www.yogaroger.com***

***Roger Masters Teaching is Universal. It covers all religions and have room for all living beings whether individuals, animals or nature. We are all one and if we love one another, to respect and care for each other we can transform this world into a paradise. This book gives advice on how to lead a happy life. The simplicity of the words that Master Roger expressed do possible that everyone can understand and get so open the heart of each of us.***

***Master Roger teaches us how we should behave to have good behavior in life and be good people a God calls us in his 10 Commandments. Only then can we be happy.***





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## **PART I. TEACHING TO BE HAPPY**

### *1. - LIFE IS A DREAM*

Life is a dream, life is a dream. According to scripture "Diamond" Buddha, all pictures are mirages are falsas. Todas images images of life are like lightning in a storm, appear and disappear in an instant. Buddha also said that the images, life is like the dew of the morning when the sun rises, the dew disappears.

Life is like a ray, this occurs at a time, is like the dew. Everything you see, touch and live, what you're living with your eyes open, according to Buddha, is a dream that is not real. Buddha and Jesus Christ, were people have been awakened in her dreams. They realized that life was just a dream, that nothing was real, just a dream, nothing more than a dream. All that we see or feel, all that is born, dies and disappears: things, people, power, money, property. You used someone else and in the future may be your child or another person. Everything goes in and out, nothing is permanent.

**That is, if you want your life, your future and after death is positive, you should do positive things, and your life will be positive: enjoy the rest of your life positively and after death you will enjoy a positive life. Positive things are to help others. Buddha and Jesus Christ devoted their lives to others. Suffered and died for others, never for its own sake, because they realized that life was like a movie. The movies we see are not real, there is a script, a director and actors, we know that what we see is a fantasy, nothing is real. What is reflected is an image display, nothing is real, it is only a rotational movement of 25 frames per second, appears to be in motion, but it is actually only 25 frames in one second. Life is the same, you think that is rotating, moving, but not so. It's like when you're dreaming. Sometimes we have nightmares and while we are dreaming, we think it is not a dream, think is real, so we fear, torment us, our body sweats and have a look of panic on his face. Suddenly, when we open our eyes, after being scared, we were relieved when we know it was just a nightmare, it was not real.**

**People make mistakes, do not know that there are two nightmares, a nightmare is when we are asleep, eyes closed and the other when you open your eyes and you're living a nightmare within a nightmare, so you have not left the nightmare. It's like hypnosis. A master's order, while you are hypnotized, like "When I say 1, 2, 3, you'll wake up and when I say" 1 ", you say" Hau ", hau, when you say" 2 ", " say "Miao, Miao "and and when I say" 1,2,3 ", you'll wake up with his eyes open, but you're still hypnotized. Then, when the teacher says "1" you say "" hau hau "when he says" 2 "and you say" Miao, miao "with eyes open, that means that we believe that we are not dreaming, but we are wrong, We are still dreaming. Life, from birth to now, is full of good and bad pictures with our loved ones, friends, people who are born, die, accidents, disease, and all things die and leave us.**

**We see friends and loved ones who die, but one day it will be our turn to die, at any time and without notice. Buddha says that anything you see or touch, any kind of image is an illusion, nothing is real. Jesus and Buddha dedicated to others in this dream. Since we are in a dream, try to be more positive, this is what you should do, do positive things.**

**Most people think that life is not a dream, believe is real, why do anything, whatever it takes, abusing others, take advantage of others, doing whatever, anything, for their own benefit to their whims.**

**Want to have your every whim, with their evil thoughts. They think: if I take advantage of this, how much benefit will I get? But they are wrong, all we do is known, is a matter of time. Thieves do bad things, will eventually be caught and go to jail, it's a matter of time. Everything we do see, is a matter of time. When you do bad things, I assure you, just negative. Many people with power and citizens are completely wrong when you are in favor of abortion and support the killing. So far, 9.2 million innocent children have been killed in the world. People have killed their own children, 9,200,000 babies. These souls are lost, and persecute his murderers, waiting for the right time to take his revenge. Remember, everyone is entitled to**

take his revenge. Imagine, if someone kills his son or kills you, you will not want revenge? I'm sure that if, certainly expect the best time for revenge. All the 9,200,000 souls stand behind their murderers. Anyone who supports, facilitates the killing of innocent children, all people who are in favor, doctors, powerful people, no matter who will pay for that, to be in favor of killing. All those lost souls go behind their murderers. Most of them, when they reach old age, neither ends well.

Your children or grandchildren paying also just what his father or grandfather did. This negative act will pay dearly in this dream. In this dream is really nothing, so I recommend you try to wake up from this dream, try to take advantage of this trip to Earth and so this dream will be more enjoyable for you, your family and all those around him.

Remember it is only a dream, life is only a dream, nothing more than a dream. What you see is not real, this is what is said in the scriptures of Buddha "Diamond". Buddha always tells the truth.

I wish you can understand it. Try to be at peace with you, your family and others. Always be in favor of life, everyone has the same right to live as you or me. Even animals have this right, plants, trees and nature have the same right to live.

If we pollute the water, we pollute, if we pollute the air we pollute because we breathe and drink of that water. All this will affect us. Try not to hurt, because we will feel the pain.

What we do in this dream, as a negative act, trying to take advantage of others or using their position to encourage others to kill, kill, kill, kill, kill, kill, in the end, you will be the first, because within us, we have a thing called "conscience." When our time comes, we are alone and we punish ourselves. We can not escape the punishment of the gods or our own punishment, our consciousness, we create our own hell, no gods. We are punishing and we can not escape from ourselves because we have a clear conscience. Each error is recorded as a sort of black box of an airplane. When a plane crash, the black box remains intact. You can fool others but not yourself. Your conscience records every word, every second and every negative act, but also records good deeds will be rewarded for yourself and others.

Please listen to me.

Thank you very much



**[BACK](#)**



## *2.- THE CHARGE WE TAKE UP*

**Loading is the cross of each, is what we carry in our backpack. The more load we carry in our backpack (anxieties, desires, whims ..) life will be much more difficult. Everyone has his burden, especially the burden of the past. Never forget the burden of the past, those moments of anguish and suffering and all past negative situations that accumulate in our thoughts. If someone says a word you do not like, you put it in the bag, if you hurt, so you put in your backpack.**

**How often hurts people, cheats and makes you suffer! ... all that you put it in your backpack. Even if you're absolutely right, all these negative things and unfulfilled desires, you put in and the more things you put inside you, your heavier burden and your cross is getting bigger. Your thinking is increasingly thick and heavy and you can not walk well.**

**Look in the street, there are many people who can not bear his cross, and just talking to myself, answering only, sees ghosts all over the place, most recently in a psychiatric hospital. Before ending up in the hospital most go to a psychiatrist to tell their stories, the doctor prescribes pills for anxiety, and becomes like a zombie. You can not control the body and need sleeping pills and calm down. Not that I want to leave the ego. Always think: I think, I do, I want, I, I, I .... This I so much want to die soon, it expires and then there is nothing, this I is not going nowhere. And I do not want to leave this, the backpack weighs more and is more difficult to move.**

**That's why I have to leave this makes us much damage, you have to free your thoughts, your desires, revenge, negative thinking, in short: release your burden. That's for your own good, if not release your load, increasingly weigh more. You test. Grab a backpack and start filling: Put a kilo, then 2 kilos .... 50 kilos, still adding up to 100, 200, 500 kilos ... How much weight will you endure? some hold up to 50 kilos and fall, others up to 100 .... but in the end everyone**

**falls. How can you stand to live? It is important to release any charge. The load is a negative, negative thinking, all that affects your circulation, emotions ....**

**To release any negative act, all you can do is ask for forgiveness with all your heart to the person you hurt. Pay the damage you've done so you can release your burden. You have to go personally to beg forgiveness, you have to do with the heart, if you can not break free. If people hurt you apologize even if you have to feel sorry for these people. Nobody escapes his negative actions, all pay sooner or later. It's about time. You'll lose everything if your load and forgive pounds.**

**Everything you do is wrong, do not think anyone knows heaven knows, your conscience knows, the others know ... and sooner or later you will receive your punishment. Do not hurt anyone. The moment you cheat, you steal .... people do not know, but in the future people will know it. Whenever you do something, think that there are a million people looking at what you're doing. Do not kid yourself, sooner or later they will know and will pay for your crime. Otherwise, the prisons would be empty.**

**Each person gets the time and no one escapes his punishment. When you commit a continuing offense, in the end you will discover. No one escapes the condemnation. The problem is justice beyond. that's the worst. There's only prison, with all amenities, bed, food, gym, swimming pool .... all amenities ... But Justice from beyond sentence you to 100 years in prison, then dismembers you and your soul revives again and again to go to jail and dismember. This pain I suffer for 1,000,000 years. Not like here in this land, that being in prison is like going on vacation. When you die your nightmare begins. That very eye. Do not take everything so lightly. Believe or not believe, gods law is there.**

**The terrorists do not believe in the laws, they are all in jail, believe or not believe all end up in jail. Some presidents who have killed so many people, as the president of Syria, which is killing its people, international condemnation will mind. Negative acts are paid, no one escapes. You have to sacrifice yourself for others, do not expect others to sacrifice for you. As the president of Syria, if the common people do not do what he wants to kill them. If the people rise up in protest because it does well, the president should resign and start killing indiscriminately to maintain power. Is this going somewhere?. If you do everything for the people and you sacrifice for it, everyone loves you. If you do it wrong nobody likes you and if someone loves you when you do it wrong, it is because it takes advantage, takes out a cake Tozo. The beneficiaries of your negative actions, all are a band of demons.**

To take your burden you must understand that I, You and He are one. If you start to make a difference then start conflicts, because everyone is on their interests. If we think we are all one, always forgive others, because you always forgive yourself if you do something wrong. So you must forgive others when they do wrong. That for your sake. If you do not forgive another, you shall bear the burden, the angst, the pressure, sadness, or desire for revenge, and can not live well, your health will have many problems, so you should release this charge, try quits. If you can not carry your cross, how are you going to carry the cross of others?, People are trying to carry the cross of others, you have to learn to live and accept that you can not bear the cross of others. Everyone has to carry his cross. Accept life as it comes: good or bad. If you do not accept you will accumulate weight in the backpack. While save more, you'll be worse. Anyway, do not take things so seriously, for your sake. Having problems like everyone else, but you think you've gotten yourself into these problems. If you think the problem is not only going to fix it.

People trying to spend his cross and you accept, you are wrong. You already have many problems loading other problems. If someone tells you their problems, you should not worry, just take care to fix yours, because otherwise you're going to have more problems: yours and those of others and your burden will become increasingly heavy. If you can help, but do not carry the concerns of the other. If you help others, you have to have a limit, because if you try to force this limit, you will have many problems. Help whenever you can up load limit without the concern of others. So live well. You help all you can, period. Nothing more, you forget about the problem of the other. Just worry about your problems, raise your head and face off against them. The body soon will live, the important thing is to live quiet, peaceful and happy. For that you must download your backpack. Stop negative thinking. Because the more you save, the more problems you have and harder to get out of this negativity. If you think all negative, negative will come around. Because you're calling all the negative with your thinking. and you will have bad luck. You yourself have you been on the negative and you can not leave because you do not realize and then comes ill health, and nightmares.

This body is not me. Only use it. The soul uses it. One day the body breaks down and where is this me?. Both struggle, so much money ... your property, your wonderful family ... Do you're going to carry to the grave? certainly not. If we get nothing, what does it matter? if things go wrong, what can you do? this is our punishment. Everyone has to live wonderful moments and difficult moments. Life takes many turns. If now you get to enjoy the night,

quietly enduring darkness. If you accept the darkness and expected to pass will not have problems if you do not accept, increasingly have more cargo, more anxiety, more negative sadder .... and will affect your health. All weights and is bad for you. Take this weight for your own good. If you do not get all it will be a problem for you and no benefit.

So wait patiently for it to arrive sunlight. When you're with negative thinking can not make decisions because your mind thinks positive negative. So it is important that when you think negative situations positive, so find the positive future. Stand in front of the mirror if your face is negative the mirror will send a negative image. If you put your positive side mirror I guarantee that you will give a positive image.

So even if you have negative situations, always put a positive face, positive actions, positive words and sure to change the negative to positive. Do not envy anyone because I have good luck, I'm sure before that person has had their day of bad luck, and you too will have your season of good luck. Life works well, there are times of good luck and bad luck times. If you have bad luck now do not tell me you've always had bad luck, sure you've also had your luck stages. Now it's dark, but then comes the sun.

Life is like that. Good and bad. If you take this to heart, it sure will live very well.

Leave the load, do not put more weight on your backpack, everything goes well. Accept what you have with heart, for everything goes well. If you accept what comes, certainly faster salts negative situations. Bad luck goes fast. Try to help people, to do positive acts for others, and your bad luck will go faster and you'll find good luck. Many people need your help, give advice, do volunteer work, helping people so you can get out of any negative situation. Good brings good, bad brings bad. The others are you and you are the other.

**That have to know.**

**Thank you very much.**



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### *3 - THE LAW OF KARMA*

**Everyone knows what is the Law of Karma. What you've done wrong, sooner or later you have to pay. No one escapes their punishment.**

**If you do good and help people you will eventually receive your reward. This is the law of karma. Many people do not believe in the law of Karma. The first mistake is that people think that this body, our body, is me. The body is not me, it's mine but not me. These clothes are my pore is not me, this unit is mine but not me, this rug is mine but not me. My car is my car, house is my house .... but not me. I own this, but all these things not me, are mine but not me. You thought that this body is me, it's mine but I'm not. The body uses the reincarnated soul, this body is for throwaway. Just like cigarettes, when smoked pulled and go. The body dies when it breaks down and is no longer good for anything, it pulls like a cigarette. And that's all.**

**People wonder if there is reincarnation. Sure, and if you believe internet consultation, you can do a hypnosis session and you yourself can see your past life. Your life this has to do with your past life. Because it's past life everyone would be equal, everyone would be rich, have long life, health ... So why do many people born in a poor family and starve?, why do some people live and others live as well as bad? Why are people suffering diseases from birth? Why some people are so handsome / as and some as ugly / as?**

**Why? All these differences have to do with his past life, deal directly with the Law of Karma. It is the law of cause and effect. As in life, if you do not work when you're young and do not save money, when one day you retire, you're not going to have money to spend. If no savings, no money.**

**People make mistakes and think that this body is me. No, not you. Soul you. The soul is like the flow of light and the body is like the bulb. When it comes to the current bulb lights, the body is like the light bulb, and the Soul as the current. The body has a soul when it moves. When that body has no soul, same thing happens to the bulb that does not get current: shuts down and dies. A corpse is a dead**

**body off like a light bulb. Make no mistake that this body is not me. This body is yours, but not you. When you do something wrong, if pure selfishness, is by that body, is to give this body quirks not you.**

**If a millionaire has a million stories, it can be in a million homes at a time, every moment can only be in one floor. Even if you have much money, your stomach is the same size as a poor fit in the stomach only two or three kilos of food, there is more. You can not eat tons of food, the stomach can not hold 1,000 kg of food. All you have to do is understand that this body is not me. We are selfish to give the body quirks. If you understand that this body is not me, then stop being selfish. People are selfish because they think that this body is me.**

**You are the soul. The body is like the light bulb and the soul as the current, when the bulb breaks the change and put another, like the body. Nobody wants to admit that this body is yours but not you. If you understand this first step, you change your life to positive. Please try to understand. Why do bad things? Why?. Use your body to do good, because you never know when you will die.**

**Every day a lot of people die, your body will not live forever, there are very few people that is more than 100 years, the cemetery is full of people of all ages. Do not know which one will be your last day. If you understand this, stop being selfish.**

**When you die, your family, your wealth, your car, your house .... all you have you, do not you take it to the grave, you can not take anything all you have left. No one takes anything to the grave. So no need to be so selfish and accumulate so much. The only thing you take with you when you die, it's what you've done, your positive and negative events. This is what you get and will have consequences in your next life.**

**Positive or negative acts is all that you get. That's what you get in this life. Look at the TV ... As bad there! As selfishness in the world! The worst are the politicians, because when a person steals someone just because that person. But politicians who rob the entire town, due to the whole people, to each of these people and in his next life shall pay to each of the people, every one of the people in society .. Sooner or later we will all pay the consequences of our actions. If not paid in this life, in the next life you will have to pay for everything you've done wrong. No one escapes. Any action you make against the law, sooner or later you will have to pay. This is called the law of Karma. You must be aware of this. You have to understand. With all the heart you have to believe. If a person does not believe in the law of Karma, is capable of atrocities, such as**

**terrorists who bomb and kill many people, innocent people. A politician who steals millions wasted the people or the people's money, does not believe in God or in his own consciousness, much less in the law of Karma, so makes negative acts because he believes it is of no consequence, because it is selfish and just think about their welfare. That will pay dearly.**

**Women who abort, then it has health consequences, they can have a clear conscience for killing his son. If you can not keep that child you created, get help for your child is born and then give it up for adoption, but do not kill your son. Everything has negative consequences in the future. This is not child's play. If an unwanted pregnancy there are two culprits: the man and the woman. Both are guilty and responsible. If you like both to have sex, the man can wear a condom not to impregnate the woman and the woman has many options to not get pregnant there are many methods of contraception to avoid becoming pregnant. You can make sex a million times every day if you want, whatever you want to enjoy sex as long as it does not affect others. If your pleasure of enjoying sex without taking precautions and not using birth control, you have to kill your own child because you do not want, you're going to pay dearly.**

**What can justify murder? ? Murder of his own son? if your father and mother had done the same with you, you would not be here today before birth because you have cut piece by piece and thrown away. You would not be here today. When you die, you go to hell for at least 1 million years. 'll Put you in a pool of blood until you rot and die and then be resurrected again and again .... up to a million years! Each day will carry you out of jail and force you to embrace a column of hot metal to burn you alive. After you put in a giant red-hot iron to burn die. Who punishes you? You punish yourself, your conscience punishes your negative deeds get punished. Nobody escapes from hell, everyone who goes to hell hurt, nobody is released from hell. That's what the law says the gods.**

**Go to eye, do not screw it then go to hell. I just warning you, be careful what you do because everything has its consequences. That's not me, it's the law of Karma. The prison here is like a vacation with all the amenities. Jail as hell is not here. Greatly suffer in hell for a million years to repay your bad deeds. Reincarnation exists, not because I say so. If you do not believe me you can go to a hypnosis session and then you can see that there. If your whims, others suffer you, you will pay dearly. So look carefully. Test.**

**That body will last a few years and when you die you start your nightmare, you will suffer at least a million years. Eye! do not hurt people, do not lie to people, not people you grind, estafes not people, do not kill anyone. We are all equal. Even the animals are like us, we must respect everyone because we are all equal.**

**We are the most intelligent animals, but we are animals. All are equal and there is no difference between them. Any organization large or small, there is no difference. We are all equal. Do you grind anyone. There is the law of cause and effect, the law of Karma. All you do then you're going to pay dearly. Very expensive you'll pay. Do not try to hurt people or go against the law. Sooner or later you're going to pay for everything. Some sooner and some later.**

**Think carefully before making any selfish act. You can not use your power or force to crush the weak. You can not build your happiness over the sacrifices and pain of others. If you do this you conscience will punish, punish you friends, your government will punish, society punishes you, the whole world punishes you and most importantly: no one escapes. Any negative cause will produce a negative effect. That always have to keep in mind. If you do not want to suffer the bad consequences of your bad deeds, do good things and respect the laws. Everyone is watching, do not think anyone sees you when you do bad things. Any one knows. Anything outside of the law do not.**

**If there are no secrets and everyone is watching you, why do you hurt? Do not try to bypass the law. You have to be convinced. Like if you do good to others and give with all your heart, others will love you and your life will be wonderful.**

**You have to give first to receive later. Think that this body is not you, uses your soul.**

**Your soul is you.**

**Thank you very much.**



**[BACK](#)**



#### *4.-THREE HEARTS: CLEAN HEART, THE HEART OF KINDNESS AND THE HEART OF EQUALITY.*

**Hello, three hearts are the pure in heart, the heart of kindness and heart of equality.**

**The first heart (heart clean and quiet)**

**The second (the heart of equality) are good for yourself,**

**The third (the heart of goodness) is for others, is to help and serve the people.**

**First heart: the heart clean and quiet. This heart is good for you, in order to live happily in this life.**

**In order to have the heart, clean, relaxed, quiet and still, the first step you should take is to remove all types of negative thinking from your mind. When you remove negative thinking then only is positive thinking and your heart is clean. Negative heart is bad for you: if someone crushes and cheats and makes all kinds of evil, you should not have revenge because otherwise your going to have problems. When you feel the desire for revenge, you get angry and you anguish and is bad for your health. The thought of revenge negatively affects your body causing stress and nerves and can have health problems. So you have to avoid.**

**To have good mood and good health is super important to the thought of revenge. To have clean and quiet heart must remove all types of negative thinking and live life with positive thoughts and actions, so you can overcome all obstacles that will arise in all areas of your life: family, work, friends ... because positive attracts positive. As before a mirror. The image that gives the mirror is what you have. If you want your life to be positive, try to get all the negative thoughts. Change negative to positive. If you get negative things to positive change them. To change things positive, just think positive. If you think more negatively, you will receive even more negative. If you always think negative how you will work out things? Thought is very powerful.**

**The second heart: the heart of equality. All are equal before God. We have no differences between us.**

**We are all children of God. Not only among humans. No one is superior to anyone. We all have the same level, no matter country**

**race, customs .... we are all children of God. Jesus was born in Bethlehem, Buddha was born in India, but despite being born in different countries and different races, they both have the same heart. Men and women are equal, whether rich or poor, noble or citizens, no special conditions for some and for others. We are all equal. Also we are equal before the law. In the past also are equal to animals. The difference between animals and us is that we are more intelligent, but his life is worth the same as ours. Animals are also children of God: insects, fish, birds, worms, all living beings are children of God. Remember well. Water, plants, mountains, the earth, the universe ... are children of God. That is equality. Even the cells of our body have their own thinking.**

**We are all equal before God. So we must respect everyone. When a woman wants to separate a man and the man is killed because he believes has more rights and higher thought. No one is superior. No one is superior to anyone before the law of the gods and humans.**

**If everyone thought that we are all equal, we are all children of God, there would be no evil in the world, there would be wars, killings and would not this earth would be a paradise. If a country has problems, the other should help and vice versa. If we us help each other, we would live very well, like a big family. A family always helps: when you're little your father and mother will help give you everything you need to live and look after you. When parents get older, children must take care of them and help them. Like siblings who help each other when needed. Everyone has their moments of good luck and bad luck. As countries when they have disasters such as droughts, floods, tornadoes ..... When this happens, other countries help to overcome this bad luck. Today you can touch a morning country to another. We should all help each other. So this world will be a paradise.**

**Wars are good for nothing, only bring suffering among brothers. We are all brothers because our father is God. Like it or not, we are all sons of God. Neither man is superior to woman, neither the woman is superior to man. Children are just like adults. Unborn fetuses are**

also like us, not because they are smaller and be protected in the womb, no longer human beings. They are like us but smaller. You have no right to kill anyone however small and helpless it is. You're wrong completely. If you do not love your child, let him be born and when he was born give it up for adoption. There are many people who want children and can not. There are many good families who want children but physical problems can not have children. Do you kill your own child. The mother / father baby feel superior to why they kill. Before or after birth are babies babies.

We are all children of God. That is what you must understand. The unborn fetus has the same status as after birth, while the law of humans not that right, before God are just like us. All beings who have heart, big or small are all children of God. If you hear the cries of the unborn baby when cut piece by piece to remove the womb, it would break your heart. If you want to feel that pain test cut your arms and legs with scissors. Try it! you'll see that you feel pain. As the fetus feels the same pain. That pain also feel your child when you're killing him.

The third heart: The heart of kindness. The heart of kindness, is the heart toward others. You must help the needy. If you can help with help with 1 € 1 €, if you can give 10 € dalos help with 10 €. Help as your means. With the money you for you help. If you help your energy will be positive and your life will be positive. You yourself will feel content and happy.

1 helps with money to people in need.

2 advised with good words to people to do good and not evil.

March yourself with your free time volunteering, helping those in need: the elderly, sick, try it! and your life will be wonderful. Your actions will be returned with interest. If aid money soon receive more money, if you help with the word each day you will be smarter, if you volunteer you will have good health and long life.

These are the three hearts. If you act with three hearts, your life will always be positive, live happily, have long life without disease and die when one day, I guarantee you'll be in heaven with God. If you do as God commands, logically live in Paradise with God. In this land you live in a paradise, and when you die your soul will be in

paradise. You're going to have it all. Do you accept my advice. Think positive, speak positive and act positive and your life here and after death will be positive.

*I wish that everyone acts with three hearts.*

*Thank you very much.*



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## *5.- ONE GOD FOR ALL*

**Three religions are one. Muslim, Catholic and Buddhist. The three are one, are the same. We are all children of God. The Catholic prays to the Father in heaven, the Muslim: Allah and Buddha Buddhism. Jesus, Buddha, Mohammed all are children of God are sons of the same God, is like a father who has three children. They are from the same family. So you have to understand that all religions are part of the same family. It's the same father. We help each other, people from one religion to another, from one race to another race.**

**For example: gasoline, the fuel used for any type of car, all brands use the same gasoline made from oil. That gasoline is like the soul, our energy. The energy of the soul enters our body, no matter if you are pretty or ugly, rich or poor is the same no difference. God is powerful, kind, intelligent and send their children depending on the culture and customs of each country. So people accept their teaching better. To make this earth a paradise. This is the purpose of God. God is no respecter of races and religions.**

**All teaching in the three religions is practically the same, the purpose is to be good people. We should not kill each other because we are brothers, sons of the same God. Same for everyone. Mighty Allah, Jesus or Buddha is the same person just born in different countries, in different cultures but they are all the same. Every race, every person born in different places and cultures, have the same soul. If you understand this, in this world can finally live in peace. There will be wars and crimes, because all people are children of God. THE only difference is that some are born princes and other beggars, because in a past life make people well and others do nothing or only live selfish mind. So if in the past life you were selfish and did hurt people, logically in this life you will be poor, you will not have anything. If in past lives did well by people in this life you can enjoy. But if you just enjoy it, you're spending the merits of a past life and if you do good for people, soon you spent your credit and start again.**

**The rich are not rich because it has eight arms and two heads, no, or to be more intelligent. Everything comes from the past life. When you have power and wealth in your hands you help people. Never ordered to kill or make war, that will shorten your luck and your health. People who kill or hurt others, and still lives, is because in**

his past accumulated merits and has not yet used up your credit but any time can run out. It is as if a parent leaves a lot of money to his son and the son not to spend on nonsense and then spends his inheritance.

In one night, you can lose everything. For example in a casino in no time you can lose \$ 1,000,000. As the rulers when they say "abortion, abortion, abortion .." care, they are spending all the credit for their past lives. Health, wealth, money, your luck, your life will become negative quickly. Watch out! Do not waste! Take the opportunity to help people. You must not stay a penny of others, because you will pay dearly. Anytime God will punish you, do not take advantage of others, or take advantage of tax and benefit to enrich your family or friends. This will pay dearly sooner or later. Sure. None escapes.

You can not fund abortion for the poor mother who has no idea of the consequences, kill your son, because it's like you're killing your own child. Because we are all one. Any refusal produces negative becomes a demon for you. Not a child's play. I hope you can understand what I'm saying. If negative provoke you punish yourself because the negative back to you. Human law does not punish you but your conscience if. Hell exists, believe it or not believe in God will condemn equal justice.

No matter if you believe or not believe, if you do evil, you will go to jail. None escapes and especially you punish yourself. So when you have power or wealth, take advantage and help the others. So in the next life you'll live like a king. Remember well: if you do good to others what you do to yourself. It's worth doing for others. As the actors / ras porn. The worst crime is porn. The more porn make it worse, end up fatal. You'll have a fatal old age. Nobody ends well. Your children, your grandchildren will eventually fatal. Remember well: do not go against the law of God, not a child's play ... God is able, at any time can be an earthquake, typhoon, flood ... any misfortune and were left with nothing. Within 30 years the world population will be 70% less because there will be many earthquakes and natural disasters.

We do not take care of nature and the environment, there is an increasingly large hole in the ozone layer, each day pollute more land and what happens? We pay the consequences, the weather is crazy, those are the consequences. The more we pollute our planet worse, and we live on this planet, there is no other place to live. We must take good care.

**We must differentiate: three religions is the same God is one. Many people do not understand: Allah, God the Father and Buddha is the same person. All that depends on the culture, country or race, changes shape to reach more people, to reach around the world, is transformed by culture. Everything is the same, different look but all the same. Different way of teaching but the goal is the same: to become immortal.**

**Make understanding teaching and teaching to be good people that's what I'm trying to reach all corners of the world. We are all not. That you have to understand. We all have to help each other because we are a big family. No I, you, the, No. We all have to help. So that everyone can live well, rich countries need to help poor countries.**

**Everyone likes their home country, no one wants to escape and less patera crossing the sea with many dangers, no. If rich countries help the poor, were in solidarity with them, no one would leave their country for a better life. If we all really felt one, rich countries help the poor and everyone in your country live happily and peacefully. What happens is that the rich are selfish and only care for their people. If there were no difference between me, you and him, if we all feel one, this world would be very happy would be a paradise for all.**

**You should not crush another or deceive another, or take advantage of people, because the other is you.**

**Remember we are all one.**

**Thank you very much.**



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## *6.- THE TEN COMMANDMENTS OF GOD BUDDHA*

**Hello the 10 Commandments of the law of Buddha. They are similar to the 10 Commandments of God's law. Very similar.**

**For Buddhism the 10 commandments are:**

**The First Commandment of the Law of the Buddha: Honor thy father and thy mother. You must treat well, with heart to your father and your mother. Because your father and mother, you have life, you have fed, I have looked, I have worn, I have given an education with all his heart. This is the first Commandment: Honor your father and mother. When you're older you should not abort even if the law allows you to do. If your father and mother had aborted you had not been born.**

**Your father and mother gave you life I gave all. If abort have negative consequences for your future. Very careful! I advise you to respect life. Do not kill any living being, not even a bug, not a worm, much less a baby before birth, blood of your blood, that you have to understand. Nor should you, Killing nature, cut trees, pollute the air, water ... this is killing nature. You must help people to understand your actions and words that should not kill any animal.**

**When we kill an animal and eat what we do not know that viruses may have that we can pollute. Like the monkeys, by eating monkey meat contaminated many people have the AIDS virus, millions of people worldwide have died from this virus. By killing and eating cows, too many people have polluted the mad cow virus and died. It also happened to eat poultry, many people have been infected by the bird flu virus. If you eat animals, you can contaminate with their viruses.**

**The second commandment of the law of Buddha: Do not steal. Stealing money that is not yours or do whatever it takes to get the money that is not yours that's stealing. As politicians and governing through commissions steal people's money. Your conscience knows they are stealing. To receive commissions any work out who pays more expensive and not the politicians, citizens paid with tax dollars. A few years enjoy the money you've stolen. When you die awaits the suffering of hell for billions of years. Not worth steal or**

**accept bribes or kickbacks. Sooner or later you will pay dearly. Your name will stain and you will be embarrassed in front of your family and society. If I listen to those who steal, quickly return the stolen money and do good works to clean this lack.**

**The third commandment of the law of Buddha: Sex. This is the greatest crime of this world. There are two types of sex with thought and deed. How many people have died from sex? Women who sell sex in exchange for money to satisfy the whims of men. Sex between partners in marriage is correct. Sex outside of marriage is wrong, is a crime and pay dearly. We do not allow sex outside of marriage in any way, under any excuse, not even for love. If she makes porn movies and shows her intimate body to provoke and incite men into thinking to do sex, pay for billions of years to hell. Do positive things for people.**

**The fourth commandment of the law of Buddha not lie. When you lie you can not lie to yourself. You can fool people but you can not lie to yourself. You know when you lie. Do not try to manipulate people with your lies. The lie when you die is the penalty to stretch the tongue and cut into pieces. Care. Not worth suffering for millions of years by telling lies that are not going anywhere. If you lie to the people then no one will trust you. Your life is going to be a disaster. Person lying is not a person, it's worse than animals. Never tell lies, but the truth is not in your favor, always tell the truth. Like people who go to trial tells lies to win cases, this body goes to hell. You can fool a judge but not your conscience. When you die everything is recorded and known. In the beyond everything is known.**

**The fifth commandment of the law of Buddha: Not Provoke fights. Inciting fights between people or criticize someone to clean your conscience and the other look bad, that's a crime punishable by millions of years.**

**The Sixth Commandment of the Law of the Buddha: The word. Do not say bad words to others. Respect other. With the words you can kill people and can cause illness and dislikes people. Watch your words and not hurt anyone with them.**

**The seventh commandment of the law of Buddha encourage people not to have sex. Do not cause anyone to commit sexual acts. That has to know. Very important. Must not recommend porn movies, whorehouses ... for people to go to have sex or to commit adultery. This is a felony. Eye!**

**The eighth commandment of the law of Buddha: Let's wishes. The five desires that summarize others are: desire for fame, sex, money,**

**food and sleep. The desire of fame: Many people sacrificed for fame whatever. With this much eye.**

**Sex Desire: For Love or whatever, in this world there are many dead for this reason. Find any excuse to make sex a crime. No good. Under no circumstances can not have sex outside marriage. It serves no excuse. That you have to understand. The desire of Money: For money corrupt politicians charge fees to enrich themselves, deceive people, rob people, kill people, sell drugs hurting people, that has consequences sooner or later they will pay. To enjoy a few years is not worth the rock. Best earn less and live better. Do not leave the accounts. Earn money legally.**

**The desire of Food: We need to eat, but we must not abuse food, especially meat. All species carry their virus .. have caused many deaths. Not worth it. Meat poultry, beef, monkey ... The whole problem is that the poor animase kill to eat. I am a vegetarian for 40 years and I've never had health problems. Teeth that we are like cows and horses, are vegetarians, we are not prepared to meat like tigers or lions. The Intestine we have very long and it took two weeks to expel the meat and therefore rot within us, not as fast cats that take the meat they eat. The desire to Sleep: A lot of people like to sleep. But much sleep can lead to health problems. The body needs to move, if we do not move the body breaks down. So you just have to sleep, too much or too little. Just right. When you die you can sleep billion years no one will bother you, so do not worry.**

**The ninth commandment and the law of Buddha: Do not make revenge. You should not have revenge on other people but you are hurt, crush, you must take revenge. If you do not let the thought of hatred and revenge, the first thing you are going to suffer. If you take every day with that load, you negatively affect your life. Although you have every reason in the world, forget that thought. For that the only solution is to forgive, because sooner or later the other will have the punishment he deserves. The law of the Gods punish deal. You do not have to worry. Revenge is bad for you. That you've got to understand and protect yourself from yourself and bring that feeling inside you because revenge will only hurt you. Forget it. Do not put more garbage in you, even if you have every reason in the world. Do not worry all will be punished.**

**The tenth commandment of the law of the Buddha: Doing good and not evil. A person who knows that what he does is wrong, and continues to commit that crime. Know hurtful and on and on. Always end up in jail. Know what is good and what is evil but it is doing wrong. Do not listen to advice from anyone. This person, in the head is very negative.**

**These are the 10 Commandments of the law of Buddha. If you can meet these Commandments, when you die you will be born in paradise to enjoy at least 9,000,000,000 years. If you can not fulfill not enter paradise and also awaits the suffering of hell. So think about it. few years we will live.**

**Try to make things right.**

**Thank you very much.**



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## *7.- GOD'S LAW. THE 10 COMMANDMENTS*

**The 10 commandments of the law of God. Why God warns us these commandments? These commands are mandatory for all. Every person, all the children of God must meet these 10 commandments of the law of God. When anyone meets these 10 Commandments, is a true child of God and when I die, will live in the kingdom of God. You can enter the realm of the gods. Must meet 100% of these commandments. It is like a passport for entry and once you enter the realm of the gods, is forever. In this land, only 20% of the things we get well, 80% do not go or go wrong. In this land we live with anxieties, problems, fears, with death .... and all kinds of negative things. In the kingdom of God is infinite life, remember, when you enter a life forever. When comes a pure and clean soul realm of the gods, having fulfilled the 10 commandments, until you do not do these 10 requirements can not enter. God clearly tells us, once you enter Holy category. A saint never dies his life is infinite and not only this, all you think at that time you have before you. This means that if you want to live in a palace made of gold and diamonds and gems, if you eat any kind of food you can imagine, everything you think comes out. You can live with the people you love most, your children, your friends, with whom you want forever. Not like here on earth that everyone is on their interests. For example in Spain, 65% of couples who divorce, no one has a pure heart, that's why they have problems. When you marry you swear before God that you will love that person for life, for better and for worse, and then change that thought. That's not how the kingdom of God, everything is positive there, and you can travel between the stars anywhere in the universe. Our solar system is not alone, millions of millions of solar systems. You can travel and live wherever you want, with whomever you want. You Holy category. The Ten Commandments is the only thing you are asked to enter the realm of the gods. If you die before you meet all that demand the gods, then you will be a pure soul like Jesus. If you can fulfill it be like Jesus Christ.**

**Now I will talk about these 10 commandments:**

**FIRST SHALL LOVE GOD ABOVE ALL THINGS.**

**WHAT DO YOU MEAN? Love God above all things of this earth. Why? because everything you see and touch is not real, is pure fantasy.**

Everything you own, property, money, securities, whatever you have, at any time when you die all things disappear and you have nothing. When you die you do not bring anything. All you have gone. We're left with nothing, nothing you. What you have on this earth, is for use on this earth, when you die you will not take anything. Just as when we are born, we bring nothing into this world. When you die you have to leave everything, only you can take your good and bad deeds, is all we carry. If we keep the 10 commandments when you die God will come looking for you, if you do not meet the 10 commandments, the demon will take you to hell. Trials in hell, you can not hide anything, it's like your conscience from connecting to a screen. All your thoughts, all your evil deeds, they are. It's not like the trials of this world before the judge can tell lies. In the judgment of hell, you will see everything as a movie, no need to say anything. In hell you see everything. Our consciousness is like the black box of an airplane that is recorded all your good and bad deeds. A never deceive yourself, everything is recorded because your love is pure, is your thinking that is negative, so the soul records everything. No one escapes and the punishment will be beaten. Once you enter the hell do not go up past 1,000,000 years. And every day you will be tortured until you turn the punishment for your bad deeds. It's not like jail here on earth with all the amenities. Remember well: do not go to hell. Do not go against the commandments of God's law and get your reward. Love God above all things, because God is forever. Do not think that you will live many years, because any day can be your last day, any night can be your last night. Nobody knows. At any time you can die. The cemetery is full of people ages toas. We are travelers on this earth. If you spend these 10 exams can go to heaven forever and if you take a negative life can go to hell forever. If you are negative and you only want bad demons and hell awaits.

#### **SECOND: THOU SHALT NOT GOD'S NAME IN VAIN.**

This means you can not take or name God so lightly. People say a lot: "I swear to God!" . This is forbidden. You're making a big mistake, you can not fool God. God is powerful, unique, knows everything, is our Father. We can not use his name so lightly, we must respect the name of God. Do not make false promises in God's name. You can not kill in the name of God, many people use the name of God to kill. According to different cultures, different countries, the name of God can be pronounced in different ways by different names: Allah, Buddha, Our Father ... each as you want but there is only one God. No matter what name we give it. The ten commandments of the law of God is for all God's children, regardless of race or color, white, black, yellow, red ... no matter the color. We are all children of God, children women, handsome

**ugly, tall, short, rotten, millionaires ... all are equal and all be punished equally.**

**THIRD: sanctify THE HOLIDAYS.**

**Which is more important? to party or go to church to hear the word of God. If you do not believe in God, I never hear the word of God. If instead of partying going to church to hear the word of God, to learn and then think and act as God commands, you will be a saint and live in the kingdom of God. So in your spare time you hear the word of God, you must go to church at least once a week to hear the word of God. This will benefit you greatly. Do not be so selfish, because the selfish end in hell.**

**FOURTH: HONOR YOUR FATHER AND YOUR MOTHER.**

**You must be a good son. Why does God do this? Because your parents have given life, this body has not fallen from the sky, they look after you, feed you, give you a shelter, you get education, you give love. You get everything when you have nothing and you can not take care of yourself. You must many favors to your parents. In the world each year are performed over 10,000,000 million abortions. Those people are negative, bandits, demons ... After his parents have given life, given care and love, do not follow the example of their parents and kill their own children. These people hiding behind the law, because the law says that if a baby is born, you can not kill, but if unborn if you can kill. Then these negative people going to the hospital to kill her children with the help of other demons who are the nurses and doctors who practice abortion. With knives and scissors start cutting piece by piece to the baby to be born. They take piece by piece inside the mother to baby and then throw the pieces away. They are killing a child of God. These demons are going straight to hell for 1,000,000 years. If your parents care for you and you get it all, you must do the same with your children. You have to do the same. You must heed and care for your parents when they get older and do not send them to the residence and forget that there. At first the children will see their parents every week, then every month, then once a year, and finally forget having their parents in the residence. God says to honor your parents and you will love as they did with you, I cared, I feed you, gave you education, a house where to live .... all for nothing. Now you must give back everything the same way they gave it to you all. Before your parents cared with all his heart and one day when they need your attention should care and take care of them. You must return the favor. Today for you tomorrow for me. Heart to heart. You owe your life to your parents. So God said to honor thy father and mother in the same way they did when you were little. If a person is not good with his parents is like an animal.**

## **FIFTH: THOU SHALT NOT KILL.**

**This is very clear. Do not kill. Do not kill your own children as many people do with abortion. Killing your child is like killing yourself because your child is part of you, part of your body. You can not kill your own child, to the animals care for and protect their children. When you bring your mother with cubs, it teaches the teeth, and if you get too close you can kill to protect their children. That you have to understand. You can not kill under any circumstances. Many countries kill each other, between races are killed, there are many examples. The war in God's name can not be done, there are many wars and massacres in the name of God. God says thou shalt not kill. Under no circumstances can or should not kill. It is forbidden to kill. You remember it. The rulers, like the dictator of Syria, wants to keep his family in power and either raise your hand, kills him. This is very bad for his family and his country. When you kill, very soon receive the punishment of God. No one escapes. His conscience also punished. Do not kill people nor animals. Live and let live. Many people kill for sport. Killing a defenseless animal is a sport? Before the British when they conquered Africa also practiced the sport of hunting with the blacks. They said run, we give you 10 minutes ahead and then a group of bandits begin to seek and kill. Does this sport called? We are all children of God, no matter the color. God does not say that, no. Do not kill. Neither humans nor animals. Killing is killing. We must respect all living beings. If you get hurt or bother you why kill them? Would you like someone to kill you? Think about it. If you do not like to kill you, you do not kill another. Do not kill any living being, or human or animal or the trees. Now there are many people who want to live well and cut down trees in the mountains. The trees take care of us and provide us many benefits. Cutting trees is killing the chickens to extract the eggs. Once you kill the goose, no more eggs out. That you have to understand. So God says thou shalt not kill.**

## **SIXTH: not sin against chastity.**

**What are impure acts? Impure acts are those made by selfishness: me, me, me. Build happiness with the pain and suffering of others. As Syrian president to maintain power has killed 100,000 citizens of their own country. Kill innocent women, children, babies "to sack" without caring about the lives of others and their suffering. Any act of selfishness, is an impure act. Impure act that you perform all acts toward others negatively. Everything you do you any event, if you hurt people either much or little, is impure. Killing and sex are impure acts. Sex is the number one impure act, because sex in this world we pay dearly. Through sex are spread all kinds of diseases. The most important is AIDS. Every day there are more deaths from**

**AIDS, millions today. If everyone just did sex with your husband or your wife, today would not have AIDS worldwide. Not many people had died. Why has AIDS spread so fast? especially has been for all these impure acts performed with sex. Everybody league and not knowing how you call it one or the other sex are already doing more. Above and unprotected animals. Is at a premium these acts. Look how many people are infected with AIDS. So God says not commit impure acts. If you make, you pay dearly. God warns you before. If you kill a child through abortion have psychological and physical. The politicians who pass laws that go against God and respect for life, they will pay dearly. All these people are demons. What they do go against God. They do what they please without respecting the law of God. One day they will have to settle accounts with God. They all go to hell, none escapes. In this life you will have power but that power you will not have when you die. You will suffer in hell torture again and again until you turn your sentence.**

#### **SEVENTH: DO NOT STEAL.**

**This is an act of pure selfishness. People who steal others takes away his for profit. In many countries children are stolen to be sold. In many. Wars are made to rob other countries and stay with what they have each other. If not Why are wars? a country invades its neighbor to steal everything. All thefts are negative and selfish acts. Under no circumstances should anyone steal anything. You can not keep what's not yours or others take what is theirs. So God says: You shall not steal. Theft can not justify ever.**

#### **EIGHTH: TELL NO LIES OR PERJURY.**

**Especially the lies. How many people have told lies? large or small, whatever. People think that na lie tiny nothing happens. But not so. First you start with a lie tiny and just telling many lies and bigger. It's like a snowball that starts rolling from the top of the small mountain is becoming bigger and bigger. Negative accumulates every day is negative and more negative. Do not give false testimony or false testimony. In a trial few testimonies tell lies! The lawyer knows his client is guilty, but to win the trial tell so many lies as you can. But as the customer pays, the lawyer says whatever and lie whatever it takes to make money. You should not do this. What you charge too little, is peanuts compared to what you will pay in hell for millions of years. Not worth it. Anything you tell the truth. Remember well, you can fool people, to any person, the judge, but not yourself or your conscience.**

#### **NINTH: not suffer impure thoughts or desires.**

**This command is much thinner than the other. Because first, before committing any act, this is in your mind. If your mind is impure if it**

is negative, then the act becomes. Thought is the first step before committing any act impure. Before any action should put stop to your thinking. If you do not think anything wrong, you're not doing anything wrong. If you think your actions are selfish selfishly. The terrorists, before killing people and calculated as and where they can carry out the murder, they study and programmed into your mind. So God says not suffer impure thoughts or acts. All acts before commit, go through the thought. If an impure thought, negative desire, goes through your head just before you cut that thought becomes action. Before you do anything if you think you would have them do that. Think we are all one, we are a big family we are all children of God. For you to understand, we are like a tree, each person is a leaf, each branch is a country, the trunk is our home is our Father. We are all the tree. We are one together. On earth we are one big family. All desires and impure thoughts, they become actions. Then come the consequences of these negative and impure acts. If the thinking is right this earth would be a paradise.

**TENTH COMMANDMENT OF GOD'S LAW: NOT covet.**

This is the last commandment in the Law of God. Do not try to steal or possess what others have. The word good is very broad and refers to all types of properties, not only material also

intellectual, thought, money ... Not to covet, before acting put stop to our thinking. Before acting always think, how to steal and how to take advantage of what the other has, legal or illegalmete. Taking advantage of the property of others has two forms, legally and illegally:

One legally, is to take advantage of innocent people, such as banks that have mortgages. When you can not pay the bank, the bank calls you telling you that you have signed the conditions but have not read the fine print. Now your property is only worth € 50,000 but when you ask for a loan before you got € 100,000. This bank is legally stealing is taking advantage of people's money. Before the bank told you that your flat worth 100 but is now worth 50, so the bank tries to take advantage of you at 50. The law is badly done, because that is morally illegal. If you can not make you pay an eviction and you take to the streets and the banks take your flat. That is legally take advantage of people.

2 illegally, is any form of theft or scam people. If a person is able to take advantage of people, such as € 100,000, initially is very happy because he got € 100,000, but this person forgets one thing if scam € 100,000 to the poor people, with their intelligence could have won € 1 million without cheating. He has made a bad use of his intelligence. Above you will pay dearly because if you lose a trial

and the trial will have to pay € 100,000 plus interest and costs. So God tells us that we do not seize or covet your neighbor's goods, because in the end we paid dearly. Best earn money legally with your intelligence. The political, legal and illegally steal. They take advantage of their status and influence to defraud honest people, stealing taxes from the people, uses grants to help their buddies, and in the end it is discovered. All this does not get you anywhere. Better to be honest and not steal the people's money, in the end all fall and lock them in jail. Some sooner and some later. If you steal a person or scams, you must only this person. But if you steal or scams to citizens, you owe it to all citizens.

If Spain has 40 million inhabitants and steal the people's money, you owe it to the 40,000,000 million people. Public money is not touched. This is very serious. Stealing a person or steal a town taxes is not the same, for the law of God is far more serious stealing the people's money. Beware of politicians and people who have important positions. Beware of these people. None end well. They should not waste a penny of the people, because God is watching and then have to adjust the accounts here and in the hereafter. God will punish you and your conscience too. Then you will not sleep well and have remorse for stealing money from people. Almost all politicians and parties have been caught stealing and hustling in the news we can see every day. I pay dearly and none escapes. Before doing this, think about it. You can not waste the people's money and take advantage of your position to. Because if you do this you will pay dearly and go to jail and not only this, your name will be spotted as their were a bandit.

Your family will be ashamed of you. Why do all politicians when stop cover their faces? Because they know that they have done wrong and feel shame. Do not think you're going to save and you will never catch: all the scammers and thieves eventually fall. It's about time. Never comes out right. Not worth to spend the rest of your life in jail. Not only that, when you die you go to hell for at least a million years. Hell waiting to make you suffer for a million years. Although you do not believe or not believe interests you, just go to hell. They're in jail and you will draw every day to kill one and again until you turn your sentence. Believe or do not believe in the law when you are caught all go to jail. Believe or do not believe in hell also put you in jail and prison as hell is not the out full of amenities. You see very eye.

**All politicians are servants of the people. They are the heads of the people. It is the people serving politicians. Politicians are not above the people. You have to help people to live better. If wasted, steal and give grants to friends, you're stealing from the people and that is their punishment, here in this world and in the hereafter. If you ever go to jail your buddies are not going to join you. No one will offer to pay for you, no one will do anything for you. If you are a representative of the law and are crooked, you have to get straight, you have to set an example to others because you can not require anyone what you are unable to meet.**

**If public entities such as municipalities, do not stop crushing people and search problems, they are servants of the people. Politicians have to have a heart and help the people not crush them mercilessly. The first condition to be a politician should be having a heart of gold, a heart of devotion to others and to solve the problems of the people. People do not choose politicians for his heart of gold. So we are now so bad. God knows that this world ever be worse, so the last commandment of God's law is not covet. It is very badly done to enforce the law to others and not meet you. If a parent smokes, how will you tell your child that smoking is bad? You have to lead by example and all will be well. If politicians steal and commit crimes how can require others not to steal or commit crimes? not logical. Those who have the law in their hands have to meet 100% before asking others. How many people do as God commands? 1%? the rest, 99% are selfish and steal from others as much as they can. If you steal a penny, in the next life you will have to pay. I reincarnated into an animal again and again until you pay everything you owe. Today you can be a politician because ne past life you did well, but do not take advantage now because your fall will be stronger. Why politicians live so comfortably? have large homes, official car with driver, first-class travel ... Is it that they are superior to us? no, it is not. You must lead by example and what you're doing is to take advantage of tax money to live better. All this comes from selfishness: me, me, me. If you think of others first before yourself, never commit such sins and live happily on this earth.**

**You benefit you do not get to hurt others, because if you hurt the other will want to get back at you and you too it will go badly. So do not hurt if you do not want to hurt you. Do not be selfish and only think of yourself. You need to think good for yourself, you have to be selfish and think positively what benefits you and what hurts you. Remember well: Before covet the goods of others, think again. Click Stop to that thought! because then you will suffer the**

consequences go to jail and then when you die you go to hell. He works for the people with heart and will build a paradise on earth. If we are all selfish and we passed over the other to get a better life no matter the pain and effort of others, this world will be getting worse, this world will be a hell. Nape not take advantage of anyone, do not lie to anyone or false promises, nor try to make money lies people to benefit or live calmer and better. Earn money honestly and do not take advantage of the work and efforts of others to live better you.

That'll pay dearly, your conscience and the laws of both this world and the hereafter, will punish you for millions of years in hell. Do not take advantage of people never because then people will take revenge on you and it will go badly.

**Very careful !**

**Thank you very much.**



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## *8.- ASK YOURSELF NOT A GOD*

**Request desires. To make wishes, everyone has many desires, everyone has many desires. The first wish is people asking health and long life. Many people ask God to be healthy, God can not help you. Just so you know, to have health and long life ask God, ask yourself.**

**You have two ways to ask health:**

**First the mind is to think positive. Do not think negative because negative brings negative and positive brings positive.**

**Second acts. Make acts on behalf of others. Doing favors to others. Not for you. Always in favor of others not in your favor. That is called positive action and positive mind positive and negative brings negative brings. All events you promote yourself, are negative and negative brings negative. All your actions you perform them for others. There is no excuse. No matter what you do. It seems to help people, but thou availest. That's not positive, it is negative and you're hurting.**

**To be healthy, we'll see, health depends on the circulation of the blood. If the blood does not circulate well not have good health. Negative Thinking, nerves, stress, anger, sadness ... All these feelings are negative and mind will affect your health negatively. If blood does not flow well through the liver, you will have liver problems if the blood does not circulate well through the heart, then you have heart problems. If any part of the body the blood does not circulate well going to have problems, you get sick, you bloat, blood pools, leaving cysts, lumps and cancer. If not you will circulate well all fatal. If the blood does not circulate well your body goes into crisis. That's logical, it's like the world economy, the economy of societies or states, families ... if it comes out no. If there is no use if people do not buy, the factories are closed. Everything stops, and if it stops, no crisis. If everyone buys, everyone consumes, everything will be perfect and there will be no crisis. While lack of trust all stops and starts the crisis. It's like the circulation of blood will not circulate well if crisis. To not miss this, you always have to do for others with a heart of gold.**

**Always in favor of others not yourself. That is positive. If you do not get any profit when you do positive things for others, then this will be a positive act. If you do good for others, not for your family, a stranger then you will feel a nice feeling in your body, you will feel happy and very positive and this feeling, that energy will give you a good blood circulation.**

**If you help others without taking any advantage, this will give you good energy and have good health and long life. If you take advantage by any positive act, it becomes a negative act. Like everything Negative affects blood circulation have poor health. It's what I do every day, do positive acts for the people and I feel very happy, this gives me a very positive energy. So people ask me: Why are you so happy? Do you've won the lottery? why do every day always positive acts for people and so I have very good health. That's what you have to do.**

**If you want health like me, you have to ask yourself doing positive acts by the people and without taking any advantage. God can not help you, the health you have to get. Second is what you eat. Be careful what you eat. All meat has its virus if you are unlucky and eat a piece of meat infected by a virus, the virus will pass to your body and you'll get sick.**

**We know that there have been epidemics in the world meat consumption: avian flu in Asia spread to many people and through the air, with a breath and fell sick people like bugs. AIDS comes from Africa, from monkeys. The monkeys are carriers of this virus forever and it has not happened, but as we have eaten his flesh now we are infected with the virus. This virus does not support us and so we remove health and makes us fall sick and die soon. That's the problem.**

**Like fish, lead fish worms, and although the cook, the cold, the hot water boil the worms do not kill and when you eat that fish, you become infected with these worms. Do not you think so? then do the test: put a piece of cooked meat, even burned like coal, put it on a plate on the table for a week and see how that piece of coal black meat, it rots and worms out. The worms do not die. The organisms do not die. So if you are unlucky and eat infected meat, you get sick. No one can guarantee that the meat is free of viruses. Healing normally makes its controls on farms but does not do any animal testing. Analyzing only one animal such as a cow, but does not have time to analyze all cows. If one of those cows have viruses, it is not known and reaches the consumer without being analyzed. If you get sick then eat it.**

**There are many types of rare diseases, have this name because they are unknown diseases. No one knows where they come from or how to cure them. All these diseases that bring virus comes from animals. Animals, running along the ground, flying in the air or those who are under water, better not touch them. If you eat and have the virus then you'll get sick, better not touch them. Every day you play with your health by eating animals. Like us years ago with the virus of mad cow eating a piece of meat people died. Nobody knows how many unknown viruses in the body of animals.**

**We ourselves same virus as cancer and we can not heal, how we will treat unknown viruses from animals? if we do not know we can not cure them. Watch the AIDS virus, no cure.**

**To avoid health problems, try not to eat meat or fish. Do like me I'm a vegetarian for 40 years and I've never gotten sick nor have I gone to a hospital and never visited a doctor. This is the result. So if you ask yourself health not God. Watch what you put on the mouth.**

**That I need to know.**

**Thank you very much.**



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## *9.- CULTS / Religion and Cults*

**The first evil of the world is sex. Today we will talk about some religions that exploit the poor people who are not aware of anything. There are many people who take advantage of women and people to get rich. There are many "religions" that take advantage of poor uneducated people. For example, the teacher asks promising people money so you will have luck and health. Another nonsense says the woman has to have sex with the teacher to be healthy and long life. All religions are good while within the law of the gods. But she can not offer her body to make sex teacher after the teacher has sex with that woman, gives it to the other followers to do sex with her. This is very bad. It is against the law of God. In many religions occasionally get any teacher who does great harm to people taking advantage of the ignorance of people. People want to be healthy and believe everything they tell you. These "teachers" take advantage of this. Tell women that if they want to be healthy and long life have to have sex with the teacher so they can cure their illnesses and have long life. They offer health, luck and long life in exchange for sex. After having sex with the teacher, the teacher gives to the other followers to do sex with her. This is nonsense. That goes against God's law. This "master" is taking advantage of the ignorance of people to take advantage. Be careful with this. These people should be in jail.**

**Another thing that these teachers ask people is money to enrich themselves and live with every comfort**

**If you want to have good health and long life you have to give the money to the people who need it, to organizations that help people heal eg Doctors Without Borders. If you want to have a long life, you have to donate money to the people so that it can also extend its life by curing their diseases. Do not give money to these teachers who just want to take advantage of the poor and rich people. No teacher is God. We are all human beings. If a teacher says that it is God that is a lie. No we are God. Those who say they are living God, just want to take advantage of people to have free sex and money to enrich themselves. They are false teachers. With that very carefully. There are many sects in many countries that say they are Tibetan Buddhists and capitalize only. I'm not accusing anyone, just saying that you have very careful sects posing as Tibetan Buddhists and ask money for sex and health luck and long life. A Buddhist teacher never asks for anything in return for teaching the proper way to help others.**

**Anyone in Tibetan Buddhism, be very careful, just in case. I'm just warning you so you do not take out the money and stay in the street with nothing or you have to have sex with so many people and then you from becoming infected with AIDS or other sexually transmitted diseases. I'm just warning you: watch out for sex and sects who ask money for health luck and long life. There are many people in the world who is pretending to Tibetan Buddhist teachers only to take advantage of people who want health and long life. Beware. With this.**

**In this world there are many good teachers but also many bad teachers. In all religions there: Buddhist, Catholic ... If you have money you should help the poor. If you have an extra one euro euro helps people in need, if there is extra 10 euros to 10 euros to help the poor. This is how the gods are going to help. If your support people are going to have friends, no matter how much you give. And no excuses, do it and go. Without asking anything in return. If you can, help without asking anything in return.**

**Do not let people take advantage of you asking for money.**

**Now there are many gods named sects that take advantage of people. Beware of them.**

**A teacher who wears fancy clothes and live in luxury home with lots of amenities around ... Beware of them!**

**A great teacher asks nothing in return.**

**I teach free yoga and meditation for 16 years in my house and ask nothing in return. Not accept a penny, or any gift in return. I do it all for free to help people, because I do it with heart.**

**I do not know either the name or the phone my students for what? I'm just trying to help people. To all the people who need and ask nothing in return.**

**If a teacher asks you for money and sex, for whatever reason his students, he is a villain not a teacher. It is false. No teacher. A teacher does as Jesus Christ was dedicated to people without asking anything in return, like me. I never ask anyone anything, like Jesus Christ who gave his life for others without asking anything in return just helping people. If a teacher asks you something in return, then it is a false teacher. It is a bandit who just want to take advantage of you. I never ask anyone for money, just help people in need.**

**There is much controversy with Tibetan Buddhists, true or not I do not know, I just say that you have very carefully. I just warning you. A true master never asks people for money. A teacher never asks sex for health and long life. That's taking advantage of people. Beware of them. A prostitute does not want to have sex if you do not. But if you go into these sects have to do sex with the teacher and with all the fans ... that being a bandit is a crook and a liar. Much eye. If a teacher asks you for sex or money is not a real teacher. If you do not ask you absolutely nothing and offers his help and teaching without asking anything in return, this is a true teacher, like me.**

**As a day that came to my yoga room an elderly lady for yoga meditation with us, and told me he was going to a yoga class where**

**the teacher was all women undressing to practice yoga and get better and good energy. .**

**The lady told me that she was ashamed to show her naked body because there was young and his body was wrinkled and full of flab. If you do yoga why would you have to take your clothes off? Yoga It has nothing to do with clothing. That teacher only uses.**

**Beware sects who ask things to change.**

**Everyone who wants to take something from you is a scammer. If you ask for something is a scammer, it is a cult. Can not ask for sex or money. These people take everything they can to others for them to live well.**

**To be healthy do good for people and have a positive energy and you will feel very happy: it brings good health.**

**God always says forgive others. For if you do not forgive, if you hate, this negative energy that produces hate going to hurt you and you will have health problems because you're always pissed off, angry and sad. If people do something wrong against you, sooner or later they will pay. So no need to hate and be angry, everyone will have his punishment, do not worry.**

### **Religion and Cults**

**Hello Religion and sect. What is a good religion and what is bad religion. There are two things to know right away. In this world there are many different religions. What is important in a religion is like doing things. There is a limit that no one can pass, anyway it na largest religion with many followers or small, whatever. Any follower must consider:**

**1. - If the teacher either priest or monk, if you use the money from his disciples to buy your house, luxury car, to realize their whims ... that's a cult. If people give money to a religion, the teacher should use the money to help people. To help the needy.**

**Two. - A teacher can not have desires of Any kind. If you see a teacher wearing fancy clothes, traveling with luxury cars, living in mansions with all kinds of luxury care! If the teacher does not work ... where does the money go? For it is clear, from his followers. If the fans want to give money, the teacher should help with that money to the poor, not to comprase things and live in luxury. You must help people in need, not to enrich the teacher and finance their whims as gold and diamond watches or super luxury cars. The money comes from the people, must return to society. Money does not fall from the sky, hard-earned.**

**That kind of teacher is taking advantage of you and you should leave. No matter what you say or how you say it, if you are always taking money from people should stay away from him. The teacher should set an example. Everyone can say good words, but what counts are actions. Teachers who act like this are scammers and frauds. Whether talking super wonders. These teachers learn very well the Bible to convince people and get the pasta.**

**Three. - I do free yoga in my home for 16 years. One day a student of mine said,: I was going to do yoga before a center.**

**The teacher was undressing people, women made us take all the clothes for energy more directly. She told me that she was very**

embarrassed because his body was young and had no handles. Young girls did not mind, but she was too embarrassed. This kind of teacher you want to take advantage of the people, see the naked body of the women. Requests sex money and then asks, that's not right. If the teacher says that to be Buddha, to have a long life, to have beauty, to be healthy ... you undress and have sex with him or ask you for money .... all that is a lie. Do not let these false teachers take advantage of you. Raving, but in the end they just want sex and / or money. No matter how you talk, if you ask for sex or money, just want to take advantage of you in the name of Buddha or Jesus or any other god. Many religions talk about having sex all together to be Buddha. Watch out! That's another big, big lie. These are scams.

If you want good health, you have to do is leave me. Because the more I have, the more selfish and more problems you'll have. You leave that me and help people. Health depends on you. If you want to have good energy should help poor people, advising people to be a good person, give money to organizations that are dedicated to helping others. But never give money to enrich the teacher. And with your free time helping people. If you do this, you can have a happy and full of health. Everything else is lies. That's what cults do: take advantage to take money from people and have free sex. Watch sex if you can catch diseases such as AIDS.

First you should look at what the teacher, not only listen to the words. Any religion that you reach out to ask for money or you put your hand to get sex, that's a scam. It is a big lie.

We are all equal no one is superior to anyone. Although teacher. Look what he does, not just listen to what he says. You must be careful.

A religion and godliness, you will never ask for money or to get you hands with anyone for sex. Just help, just teaching and helps give all you can. I have never borrowed money from my alumni / ae, nor accept gifts from anyone. I teach free yoga in my living room for 16 years. And I've never taken advantage of anything or anyone.

I'm for helping people and nothing else. So clear and simple.

**That's the difference between religion and sect.**

**Thank you very much.**



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## *10.- THE ORIGIN OF ALL EVIL. SELFISHNESS*

The origin of evil is selfishness. The whole origin of evil is selfishness. Selfishness is bad for health, bad for thought, bad for future ... All kinds of evil has only one source: the self. Many people are hospitalized for crazy, because before going crazy thinking much. Think much of "me": I want, I want, me, me, me ... Life takes many turns. Some people take life too seriously. And when one desire can not be fulfilled is very disappointed and sad, or if someone hurts you, you always think of revenge and this will generate distress.

All these thoughts, move your awareness. Every day that passes, the more you move your consciousness.

All the hatred, comes from me. Everybody, I think first: as I will, as I do not want, as I want as I do not want .... I want to be like, and I want to be like, I like it or I do not like. Some are tormented, because I think only. Sometimes things do not go the way one wishes, or hopes. In life not everything goes as one wishes. And if you want 100 100'll have troubles. 10 You only have 10 anxieties. If you want nothing you will not have trouble.

Everything comes from me. No need to do anything to get rich, if you die you do not bring anything. Who knows how many years you will live? In the cemetery there are not only old, it is also full and young. Many young people die from car accident why? Because in a hurry, because they want to show that they know more than anyone and they are superior to others, always me. And that has led me to death. So I should think that's what hurts. Therefore, all friendships are broken. Because if people do not do what I want is over and breaks friendship. When two views collide the relationship breaks down. That's the problem with me. I've seen a lot of people very sad in life. If there is no self, no sadness. The more I have more problems. Some people can not sleep because I think too much about their problems, their desires .... And you do not think so.

If something good has to come will come and you have to accept it if it comes bad too have to accept it. So what are you going to solve thinking so much? The most important thing is to leave me. While I have the greatest, most suffer. So you have to learn to leave me. How many people want to be a millionaire and to be doing things outside of the law, stealing money, selling drugs ... all crimes. It hurts. That can not be. At the end ends badly. Police catches it and thrown in jail, then what? This should not, never should. So think about it before doing evil. That can not be. There are many people who speak alone Why? because I have a lot, think a lot. It takes everything to heart. That's bad, it's bad for you and for others.

So think about it for your own good. I'll teach you: think about others. If you think for others in that case, you're going to have good future. Very good future you have. If with friends, think first

of the need for friend, not yours, you're going to have good life. They will always be with you. If you're an entrepreneur thinks first worker, the worker will be with you in your heart and you will make more money if a worker always thinks for boss, the boss always think by the worker. If the employer does not think or care about the worker, the worker does not work at home and in the end the company will notice. No good for anyone. So all you have to do is always thinking about the need for the other person. If you think of yourself first, you have fallen into your own trap, that's selfishness. You have to do things like others. You have everything in life if you think of others. If you always think of others, people will always think of you. And you do yourself a favor. Many people mistakenly. For if you always think in your favor and so others will not think you ever. If you plan to in the others will open every door in the world. If you are selfish then you will go wrong. Leave a desire, if not let you go crazy from thinking. Good or bad, whatever.

The more thinks negative move your mind. Try to think less, and have good health, good family, good job. Whenever others before you. So your future will be perfect. Everything depends on you, as you wish. You have to realize.

All thinking, thinking too much, trying to think less and you'll have better job, better family, better business ... so everything will be fine in life. The more you think, the more problems you will have. Because thinking is detrimental to your health, your well being, your work, your family, your partner ... I do not think, let things happen, good or bad does not matter.

Positive always brings positive. If you only think and act, is the same as 0. I have seen many people problems ... many problems! Because they think a lot and when things do not go as you want, disappoint you and you get sad. And you punish yourself. Only negative bags for you. Only this, no more. If you bump into your head against the wall, you get hurt. So not worth it.

If you get sad, you get your poor health, can not sleep, or eat, all day are like a zombie .... That's bad for you. Why do you think so? Think of me, is negative. If you want to live well think of the other. All kinds of revenge, nerve stress, no matter with or without reason, is bad. You want to live well leave that thought. If not, you will not live well and can not ever have good future. If you will make life harder because you "eat the coconut" and you take away from others, then you can not live well, you will never live well.

So, for your own good, do not think of yourself. You think only of others and others will return the favor. If you think of the other first everybody loves you. All this is to think about people and nothing more.

Just think for others and your life will be a bed of roses.

Thank you very much.



**[BACK](#)**



## *11. UNDERSTANDING WITH HEART THE EDUCATION .*

**Catholics, Protestants, priests, monks, teachers ... so we studied Bible and why we can not think or act like Jesus Christ, why? Because when we study the Bible does not enter into the bible, just read one study, we do not understand with our hearts. We need to know to become the bible, we have to be one, we have to integrate and be just one. If you can understand what he says Jesus Christ, Buddha, these words come into your mind and your heart and your mind and heart become like Jesus Christ.**

**When you study, you have to read for reading ... that does not work.**

**Many priests in the world cause scandals, why? if all well know Bible. Because evil act. The difference between Jesus and us is that Jesus Christ has no self, no selfishness. A priest or we always think of me, we are selfish. In this case we screw up and we make all kinds of mistakes. I think, I say, I do, I like it, friends do not like, do not do .... 100% me. Jesus or Buddha act only by people, not by selfishness. That's the difference between Them and us. Jesus Christ died for the people and we only die for ourselves, not for anyone. If we die for others we will become immortal.**

**If Jesus were selfish, the day I went looking to kill, had fled, would have run, but waited. Any of us, if we know it will come to kill us, we ran, if we are 100, the 100 took off running. Nobody expects to die.**

**Why Jesus Christ does not run? Because he has no self, no selfishness in your heart.**

**Any of us, we are poor little human. What we do not understand. If you do for others you get rich, that I united to Jesus Christ, if you're not me and not you selfish you become Holy Spirit. If you are selfish you become a demon.**

**Two spirits. Where is the difference? The difference is that the Holy Spirit does not have me and The Devil is pure selfishness, is pure me.**

**People do not know, if you hurt people to profit, where will with that advantage? To the grave? You and I know that when we are born we bring nothing and when we die we get nothing. What harm to others? You think you so you can enjoy life? What is it for life? On graveyard not all are old and retired, there are also many young people. As every weekend many people die in accident by many different causes.**

**So all the problems we come from selfishness. Selfishness has spoiled nature. Natural disasters, because we use a lot of chemistry. Germany many people die from contaminated food. If you put chemicals to kill worms in fruits and vegetables, then eat and the chemistry that hurts us. Like animals, artificially fattened with chemicals then we eat and we pollute our bodies.**

**Everything we do is the cause of the sufferings we have now, everything comes from air pollution and food. Before the earth was a paradise, now we have earthquakes, tsunamis, tornadoes, floods and droughts ... everything comes from our selfishness. Because every day we ruin more to nature and these are the consequences. A wise man says that within 30 years this land will be only 20%. It's possible. Because every day we are more selfish and use more chemicals that spoil nature.**

**Every day more nature spoil, so every day there are more natural disasters and epidemics. Just breathe and die by contagion. So if you want to live well, we must not spoil nature. Look what has happened in Japan: an earthquake happens? We have to take care of all nature. Do not try to make a pact with the devil, such as nuclear: 're selling your soul to the devil. We use natural energies such as the sun, wind, water ...**

**If everyone read the Bible and understand what God wants to tell us, if we understand with the heart, then you do not do what we are doing. Governments, political parties ... not to spend on nonsense and fancy things that go their own interest, selfishness and while the people are suffering. In Andalusia, the government has spent millions of euros on nonsense and the people are starving. With more than 5,000,000 unemployed and politicians wasting money. What's this? Pure selfishness. If the government thought for his people as Jesus Christ was always thinking of others ... if people tighten their belts, government should tighten its belt, if the people suffer, the government should suffer and not waste a penny. Then I guarantee we left immediately crisis. They hire more people. Where is the money? Everyone wants to live well and with amenities and crush the people, sacándoles to the blood. How are we going to raise its head? . If someone does not do well, then you must change from person or party. No matter what party or who, while made by others, as Jesus Christ. Not being selfish.**

**Selfishness hurts people. The people can not do anything, but God does. And I assure you will get their punishment with the law of the universe. We do not forget. When they die they will serve their sentences. Though not think. If you commit a crime, believe it or not believe it, the law will punish the same. Although you do not believe in hell when you die you will suffer, believe or not believe, he will not escape anyone.**

**The abortion has very bad effect for you, your party ... you can not give permission to kill his own people, your own race. Like it or not like it. You can not abort. Under the law of God we are all equal: handsome, ugly, rich, poor, children, adults ... before the law of God we are all the same. Not because you do not have rights you were born, the law is the same for everyone.**

**Every day you have to change little by little like Jesus Christ. If everyone does so slowly earth will become a paradise. But if we**

continue with much selfishness every day will be more natural disasters, more diseases ... like AIDS: 30 million deaths worldwide from the disease. Every day more than 7,000 new AIDS cases.

Now in 2012 we have over 40 million infected with AIDS. This disease is spread widely among homosexuals. All that attempts to break with nature ends badly. God created man and woman, and now every day more people come together with: men with men and women with women. Like a joke: the priest declared husband and husband or wife and wife. That seems messing declare woman and wife. Thus, in this land, in 50 years there will be none. Because we will not have children and humanity will remain childless. If your father or mother were gay or lesbian, you would not be in this world, because two men can not father a child and two women either. You were never born. So what you like is one thing, but going against nature is another. Of course we know that gays and lesbians do not hurt anyone, but the point is that we can not break nature. As we go against nature and the weather looks like it is full of natural disasters. So I would like everyone to read the Bible and go into the Bible to understand with the heart. And become like Jesus Christ.

Think and do the same as Jesus Christ to become Christ.

Thank you very much.



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## *12.- PARADISE*

**HEAVEN. Paradise is where God, Jesus or Allah or Buddha. Everything is the same category of heaven. There is only one sky, no two nor three. To enter heaven you have to act like Jesus or Mohammed or Buddha. Always doing for others, helping people, giving good advice to people, sacrifice for the people.**

**That's what you should do and what these gods. Many people manipulates and acts differently than does the Bible. Neither the Bible of Jesus Christ, Buddha or the Bible or the Koran, say you should kill. Never. Always with good heart to save people. He has never said that put bombs in the body to kill people go to heaven.**

**To go to heaven you have to have a pure heart, a heart of gold. Like Jesus Christ, like Buddha, like Mohamed. Make no mistake. Anyone who tells you to kill people go to heaven, impossible. All those who go to heaven are those that help people, those who give their lives for others. Not killing people. That is a total misunderstanding. Many people manipulate the words of the Bible. They ignore.**

**In order to go to heaven, you can not take the thought of me, me, me. That is pure selfishness. I guarantee you that people do not go to heaven. Go to hell. Think about it. If you do everything with a good heart, everything. As I said "God is great" because it helped people with heart, taught people to be good. That itself is correct. And if someone says the opposite of what Allah told us, Jesus Christ or Buddha, that's manipulation. That person is interested, it's like a demon, because it tries to manipulate the word of the gods. Always to go to heaven, always helping people, doing favors for people, sacrifice for the people. Because to go to heaven you can not have selfishness. If you difference between I-You-He then each fighting for their own interests and are selfish. In this land since ancient times, there are always wars or civil wars between countries within a country itself. All this is because unlike, selfishness, because everyone thinks he's better than the other and want to be right.**

**By square head. Because I always think I'm better than my race is better, my thinking is better. Everything is on me. In this society everything moves by the self.**

**In this country, politicians will not stop spending the people's money for their own interests. They keep spending without mercy. When finished their run, which he did in the past, will have the punishment of God. Any cent of people can not waste. If you spend, you have to spend for the benefit of the people. If it has been taken from the people, must invest in the people. That's a good ruler. The scams that try to make these are going to end badly, as those who are in favor of abortion who think only of killing unborn babies. Nobody is God to take the life of anyone.**

**If you try to be God, you become evil and go to hell. Remember well. We are not gods, we can arrange to kill anyone. We can not. That will have serious consequences. Politicians, the rulers, the powerful, may be because in another past life did good for people, but if they go against the law of the gods, removing religious education so that people do not believe in God or anything, these people are very dangerous. They are very selfish. If you can pass over you, pass.**

**Every citizen has his conscience, his heart. Conscience and the Bible are two different things, the two are one not two different things. Just so you know, if we remove the Bible, we remove consciousness. For example if a woman does not want a baby, it kills. Why is that? If you do not want to have babies, operating or take pills to not have them. There are many methods to not have children. If one day you do get pregnant and do not want the child, then give it up for adoption. Why kill? Politicians who talk nonsense against the gods, such as legal abortion, imagine that your father and mother does the same, you and all your party, no matter which party they belong if they support abortion, you would not be here today in this world. Before birth and would have killed you, you'd be dead. Neither'd been president or deputy. Today would not be here. After your mother and your father give you make for life, take care, educate yourself, you do not let others have that opportunity. You make the bridge to cross and when you've passed over, remove the bridge so that no one can pass. That is called pure selfishness.**

**All are God's punishment. None escapes. None. Everything you do you're going to pay dearly. First your conscience punishes. All souls of babies are going to ask revenge, they will go after you for revenge. They can take your life and your health. For all those souls of babies will go after you. That's a matter of time. You should not go against the gods. Contraceptives should help to not have babies, but never help abort or give permission. Please help so that all babies are born. Give all kinds of assistance and facilities for babies to be born. You can not kill your own people, your countrymen. You can not. How old are you going to live? And when you die what? The law of the gods will forgive you. Eye for eye and tooth for tooth. Watch out for this. You are nothing and nobody. At one point gives you a heart attack and die. You are nobody. You are nothing. Do not try to be like a god. No. You're a demon not a God.**

**Killing is negative, it is like hell. Remember well. Consciousness is going to settle the score.**

**So you know. To go to heaven you need to help people, to sacrifice for others. If you act like Jesus, like Buddha, like Muhammad, surely go to heaven.**

**When once you get into heaven, you have many advantages.**

**Now I will explain the advantage of going to heaven.**

**Any God, like Jesus, like Buddha, like Muhammad, all of which, can be born in any country, where they choose, where they choose. Before birth, they design their life according to what each one wants. If you want to be born as Prince, born Prince, like Buddha. If**

**you want to be born into a poor family, you choose to be born into a poor family, like Jesus Christ. Whatever you want. You prepare your life and how you live it. Anytime you can come or go as you want. Not like us, that we may die at any time, for example a heart attack, accident ... anything can happen. We are nothing, we are 0. We do not know when we will die, or when it will be our last night. Many people get up, goes out and picks up the car and then again not because he had an accident, has died on the road. Lots of people die every day on the road. No one knows what his last night. Nobody. So you think that today is your last night. And you do good to people, and go to heaven. Do not try to kill people and get the money. Not worth it. For a moment of selfishness, sacrifice most to benefit you, who are a minority. As politicians who sacrifice the people to benefit themselves. Because they have the right to waste the people's money. The money is not yours. If it was yours, everyone does what he wants with his money, but not with others money.**

**Every penny you spend and not yours, look good. Because everything has consequences. So when you are born in heaven forever. I do not die ever. Because in the sky all have a pure heart. If the heart is I, I, I, is selfishness, then certainly going to hell.**

**If you do with all your heart with t family, with friends, with the partnership with the state, Everything will be good for you. If you want your life to be positive, the only way is for you to be positive with others. So you can get all the desires that t want. Selfishness, the end brings negative and fatal ends. If you want to live very well, you do things right, within the law. So your happiness and wealth lasts forever. That's what you have to understand: you should not take advantage of people. In life there are two paths:**

**One helping others to heaven or,**

**2 act selfishly to go to hell.**

**When once you get to heaven, you can travel around the universe. You can be born in any solar system, on any planet, beyond where you want. With selfishness, not going anywhere, be born poor, fish or animal ... the worst thing. What for?**

**Read the Bible of Jesus Christ, the Koran, the Bible of the Buddha ... and if you do what the Bible says you will be God. You will go to heaven. Heaven or Hell. It depends on you. Help your family, help your friends, help your neighbors, help society, help the state .... If you do this your life will be a paradise, will be n heaven. It all depends and you. I advise you to take the path of paradise. You'll live better, more comfortable, with good health and long life and much happiness, and also to remove your diseases because diseases are all negative thinking. Anger, sadness, that's negative thinking. You know, to remove all types of illness, you first have to remove your negative thinking. When you remove the negative thought from your mind, you have to sacrifice for others and give your life to others. That positive thinking surpasses everything; your illness, your bad luck, and gives long life. No other way. There is no other solution.**

**Well, you know, all you have to do to live well and get everyone you want, have long life and happiness is to give people your life with all your heart. Any person of any social category, handsome or ugly,**

whatever. It offers anyone with heart. So you have the world in your hands. So you'll never have sickness and always have good luck like me. For 40 years I'm doing yoga and always thinking positive, always positive with people. Me in 40 years I have never gotten sick. This is the result. If you do not have your health you have nothing, so think like me: always positive. Never take advantage of people, helping people, so you benefit salts. If you listen and help people, as I do, your life on this earth will be a fantastic paradise.

## **HOW TO GET TO PARADISE**

Many people, including monks, nuns, priests .... Why leave his private life and are devoted to the church? that's for a reason: to one day get to paradise. They do things properly, as Jesus Christ to get to heaven. But do not forget one thing: everything we do we must do as Jesus did, do everything for others not for yourself. Religions have more fans in the world, Catholic, Protestant, Mormon ... have the same objective: to follow the example of Jesus Christ, act like it and die like him. All to get to heaven.

But I tell you this so you do not forget: Ask yourself if you think it is Jesus Christ. Many people say yes, yes, yes ... As for me, I become a nun / e or priest. But if you really believed in Jesus Christ, if you believe in your word, you have to prove it with your actions, your thoughts not only with words. Jesus knew that the next day the Romans would come looking to kill him and knew the whole ordeal that awaited him. If Jesus thought like us, had fled, would have run for cover. And knowing why Jesus did not run? because he was willing to die for mankind, for us. This means that Jesus Christ only thinks of others rather than himself. So, if you really believe in Jesus Christ, believe in his word, you think, speak and do as Jesus Christ. If you just do, think and say 50% of what he does and says Jesus, is that you think only 50% in it. If you talk too much and do nothing, even if you say you believe is not true. If you really believe in the Bible, the word of Jesus Christ, certain that your actions are the same as those of Jesus Christ 100%. That's for sure. So many people, every day commits many sins, and after committing a sin is to confess, to ask God for forgiveness. This is correct.

But really unrepentant again to commit the same sin. With true repentance and asking for forgiveness from God and the people, if you are truly sorry not make the same mistake, the same sin. That is true repentance. If you now commit any sin, you're going to confess and ask God to forgive you and come back tomorrow to commit the same sin, and to apologize again and again to do the same again and again, is that you are sorry . Do you think you're sorry? no, of course not, you you're cheating yourself and God. You can not fool yourself, let alone God. The true repentance is not to commit the same sin. When you do that is that you're really sorry. There are two kinds of repentance the true and the false.

Most people repent of lying, how many people after pleading not again make the same mistake? very few, almost no one.

If you ever commit the same sin, is that you repent and you're cheating yourself and God. This is the false repentance. You'll have problems with yourself if you keep doing this. God is not going to

have problems. Each one pays their sins. Do not think that no one knows your sins. The first thing is you know. You know you're fooling people, pummeling people, you abuse people ... Who does not know when it's bad people? you're the first to know it's not well done. Within a short time the whole world will know, for all we know. You can see on television every day comes some news that police caught this person, this other ... politicians, bandits, thieves, gangsters ... all these people who cheat people. It is only a matter of time. Impossible that when someone does something bad, no one knows. That is impossible. Sooner or later you are going to get.

It's like having a fire and you plugged with paper, sooner or later the fire will burn the paper and see that no fire under the paper. You can not cheat. So I say think before doing something bad. Every sin you can commit only once, if you do it twice is bad for you, for your future and beyond. You can not make 2 times the same sin. Think about it. The first time you commit a sin, friends, family, or even if the law is not very serious sin, forgive you. But if you ever commit the same sin, no one will forgive, neither friends nor family nor the law. Nobody is going to swallow twice. So that makes good use of first and last chance to correct your mistake. For the second time you have no credit, no one will believe you or near you. And everything was gone: friends leave you, the family does not trust you ... everyone ignores you. You're going to be alone / a in this world. Once it twice no. So do not forget. if you really believe in Jesus Christ, in the Bible, if you really think and not just read and memorize, you have to prove it with your actions, not just your words. This demonstrates that you truly believe.

Demonstrate with your actions you do as God commands. That is to believe in Jesus Christ with heart. If you can do, think and talk like Jesus then you will be like Jesus Christ. Jesus Christ in her life did many miracles, such as walking on water. Why we are not able to walk on water? because I have a lot. We are selfish. And you just think Jesus, on the other, on the other. That's the difference. Do not try to take advantage of people, even a little, because you will pay dearly.

**Acts as Jesus Christ and you'll get to paradise.**

**Thank you very much.**



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### *13.- THE GOOD AND EVIL*

**What is good? What is wrong?**

**The Good: doing good means that what you do benefits others, not you personally benefit. That is to do good. Because you only do for others without any interest to you, then you're doing good. If you only do for your interests, then you act selfishly. To do well you have to have the thought of equality: all are equal. As we equal? Neither rich nor poor, neither good nor bad luck or tell you the beautiful or ugly ... we are all in the same category. You have to give the same respect to a rich and a poor, any race. We are all equal and no one is superior. That's doing things right.**

**If we go further, you should be treated equally to animals, nature, water ... not pollute, do not cut trees, not forests burn ... respect nature and animals as if they were your own. When we pollute, you pay dearly ourselves. We need to use natural energy as the sun the water the air, we should take advantage of what's under the ground like oil, because in the end the land will remain empty inside and we'll all go under.**

**Everything you see treat it as if it were you own. We have to thank the water, the sky, the earth ... because if we ourselves disservice. We have to live if more and more natural disasters, this is because nature is warning us that we treat it as inferior. So today we have so many problems in this country, because they treat nature as if it were our own.**

**Wars are another evil in the world, why are there wars? Because we are selfish and only think of Me. Everyone thinks about themselves, their interests, are differentiating between me, you, him.**

**That is selfish: I do not like, so I'll kill you. Everything comes from selfishness. If everyone thought that I am you and you are me, then there would be no problem. Do you have a problem? Then I will help you because you are me. Conversely, if I have problems then you help me. Because we are all one. Do you get hungry? I feed you because you are me.**

**With the money that governments spend wars, can feed the whole earth. Could help the world.**

**Do not spend the money on bombs to kill, kill, kill ... in the end what? Why do this? Because there are differences between you and me. If we were all one, there would be no wars.**

**Why mistreat each other? Because some feel superior to others. As some men abuse women because they believe that they are inferior to them.**

**These men are wrong, no one is superior, all are of the same nature, we are all one, we are the same, even with the animals and all of nature. The more differences, the more problems teneo on this earth. We have to learn: all are one. No two of us. If you see the other person as if it were yourself, this earth would become a paradise.**

**Your son is my son, and my son is your son, and we all take care of all. So this earth would be a paradise. Otherwise how we live? If you do this, it means you do as God commands, do it thoroughly, with a pure heart and clean. Do for others, but not for punishment, but because we are one and no one wants to hurt himself.**

**The other is you. There is another. We are all one body and that the body can function, one must care for others. As you take care of yourself each of the parts of your body. You know how many cells does your body? Million cells. You know how many people are there in the world? Millions of people and each person is like a cell of a larger body. If a person, a country, or a territory harms another, then all affect the whole, to others. Or not? You think.**

**If all we cared for all, there would be no terrorists or thieves or evil people, because who wants to hurt himself? If everyone cared another with heart, this world would be a paradise. People feel good. The government keeps saying: abort, abort, abort! Not for killing.**

**All kinds of death, no matter who has the tiniest head or tiny arms, or that is in the womb of the mother, is pure selfishness, are acts without conscience, without heart.**

**The fetus will not hurt you, so why do you want to kill him? You what do you get with this? She has not done anything wrong fetus. Why the government wants to kill their future citizens? Thanks to them, that the country can emerge from the crisis. That fetus before birth, can be a very good leader and to lift the country out of crisis.**

**If your father and mother born helped you, then why do not you help others to be born? If you do not want the baby, give it up for adoption and go. Why did you have to kill? Imagine you are a fetus ... would you like to have you killed?**

**We are all one, with a pure heart. Please minors many women who have abortions, they have no idea what they are doing. If a pregnancy is not desired, do not kill the baby, gives facilities to such women to have the baby.**

**For the love of God. Heart to heart. All the bad things we do on this earth, although the law made by humans do not punish, the law will punish the gods themselves. Mark my words.**

**When you die your problems begin.**

**Thank you very much.**



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#### *14. - LIFE. LIFE IS A MIRAGE, LIFE IS A THEATER.*

**If you want to live well you have to learn. What we are experiencing is the same as a TV screen any channel you put off all kinds of different images and if you try to take any picture, eg money, just grab the screen.**

**Just like life, if a person has a lot of money, when you die where does your money? Money can not carry to the grave.**

**If money is sick can not use. All we have is not real, as it is not anything actual. So do not have to take things so seriously. Like when you're sleeping, when night and dream, sometimes have dreams of terror, for example dream someone chasing you to kill this dream sweat and fear, all the clothes get wet. When you wake up you think, thank goodness, has been all a dream. But when you sleep, think it's real, why so much fear sudabas. When you wake up you say: thank goodness it was all a dream!**

**But you're wrong, because when you wake up you walk into another dream. There is a dream with closed eyes and other wide-eyed. Both are dreams and none is real. People say, Oh! ... life, life, life ... but not real. But we take things as real. What you see and what you play only for a few years or a few months, a few days or a few minutes, because we do not know when we will die. At any moment we can die. Some sooner and some later, but we're all going to die. When we go to sleep, do not know if this will be our last night. Many people when lifting, have an accident, get sick, and die. Any night can be your last night. Who guarantees that this will not be your last night? In this land, with many millions of people ... how many people this will be their last night? When you least expect it, can I touch you die. Nothing is certain, nothing is true. When one gets nothing dies. No matter you are a millionaire, a noble, a poor ... living very well and happy ... nothing is real. If you know that nothing is real, do not take life so seriously. There is nothing real. Love, nothing is real, because when you die if no body what do you love? Nothing is real. If you understand this you can live well and happy.**

**If you have a dream and you can not comply, you will get sad ... if you have ten wishes, you're going to put 10 times sad, if you have a million wishes, you're gonna be a million times sad. So to live well, do what you have to do, and not try to take advantage of others. Many people say: look, look, I've taken advantage of that poor woman / man and now I have a million euros. But that person is wrong. If he had not taken advantage of people today could have a**

million if not 10 million euros. For the past life he played well and have 10 million but has deceived and crushed as people in this life can only get a million. If I had done honestly, that man could have 10 million today. Many people do not know. People think: you have to fight to get money. That's for sure, you have to work to get money, but there are two ways to work a honest work and other work taking advantage of people, like a bandit. And to spend also has two different ways: one is to spend on a whim, as many famous people, such as Hollywood actors make so much money and do not know what to do with so many millions ... how they all end up? hooked on drugs, they all end up in the drug. If this money is invested in doing good, as in setting up a foundation to help people then would be saints. But as they say everything to me, everything to me ... eat like all people, do a kilo of food every day? We all have more or less the same stomach, and there is more. They eat meat, fish, fruit and vegetables, in this world there is more to eat. All you have to do is enriched spiritually, because he has to help others. Why do we have to help others? Well I will explain. Each one of us as a body cell. And the body has millions of cells, each body is a small universe. Every cell in our body has another million within cells. So each cell has its own thought and can move, walk everywhere they want. And these cells communicate with each other, as I communicate with you. So the doctor finds that the cancer cell before dying convinces the other healthy cells become malignant cells. So never cure cancer, why? Because the cells communicate with each other, spread each other. As there are bad people, for example a thief, one learns from the other and there are more thieves. And all together the good cells and bad cells live together in this universe. We are like a cell in a larger universe that is the world.

So that you can understand what I say, we are a cell of a larger world. Inside a cell there are smaller and within each there are other cells, and within these there are other ... All these cells form my body, and my body is within a society and that society is in a state, and status within a country, and all countries are this earth. And the earth with the planets form a solar system and the solar system is part of a universe full of solar systems. For you to understand how it goes. Our solar system is only part of the full universe of solar systems. It is the only solar system in the universe, no. We are part of a system

Solar among millions of solar systems that form the universe. In this case, if you help another, that other helps you. It is helping another, you help yourself. Because we all do a set. If you do harm to another, you're doing yourself year. For example, our body. If your right hand to your left hand hits, the pain in your left hand goes to the entire body. To own hand sticking feels bad. Transmitting pain. It means that if a poor family educates his son, one day that child will be terrorist or murderer, in this case the couple have brought evil to his son and his son can hurt others. Although born in any country, in a village or a city, if not educated well, one day can hurt anyone. If a family educates your child well, that child will be the savior of this world. That can greatly improve

life. So you have to understand that you, me and him there. We are all one, we are both. If you can understand what I say, this world will be a paradise. All you people make good and bad, is a dream. It is a dream with open eyes, but it is still a dream. We are actors in a movie. Each represents a role. Like me, that I play with my kids father, a husband to my wife, with my friends friend, a teacher with my students. Each plays many parts. You have to do roles that represent well, like me. Try help malignant cells to become good, because if you do not help, one day these cells can become bad cells. For the good of all.

Everything has cause and effect. Remember well: do not take things so seriously. As in Spain each year many men kill their women and they all say the same nonsense: if not for me not for anyone. But they forget that the men and women and animals are all in the same category, none is superior. The woman is not yours or the man is not no woman. Remember well: no one owns it. Neither an animal is owned. Everyone has their own life, their own thinking. If you do not you treat your wife or your husband, and the other as not feeling well wants to leave, well, but you can not take revenge, because the fault was yours.

You can never always think of Me, me, me ... because your life "will founder" will be fatal. You can never have Me, me, me. Remember well: we are a cell of a world and a body has a million cells, if one cares to another and the other to the other, the body is healthy. Everything will be perfect. If you teach others to be good, this one teach another to be good and so the whole country will be good. That's what you have to do. Make no distinction between you, me, him. We are all not. If you treat the other as if it were yourself, you can do no harm, because nobody wants to hurt himself. If you treat others like yourself the world would be a paradise, and everyone will treat you well. As policy. If people are tightening their belts by the crisis, the government has to gird the belt too and can not waste a penny. If the people going underground, the government should take the subway. If the people go by car, the government will drive. Because we are all one. It rises from the crisis. If the people are poor and rich government, if people tighten their belts and the government and can not be. If we all thought of the other as if you were right here will be a paradise. If everyone is on their interests, things go very wrong. Because you try to have fun without thinking of the people who has a hard time. How many millions of families have to sacrifice for you? For a family to live well .... How many families have to suffer? That's a sin.

**Why is life a dream?**

LA Life is like a dream come because Cando born with nothing and lifetime accumulating wealth and when we die we get nothing. If we get nothing in this journey that is life, in the end we get nothing. If we get nothing why do we fight so much? What do we do? And if we get nothing. Why do both harm and deceive people? Why?

The one thing we take with us after death, are our actions good and bad, is our consciousness.

**Consciousness is like the "black box" of an aircraft which records everything we do in life.**

**Who is not sleeping like us? Jesus Christ. He awoke from this dream that is life. The only thing we remember when a person dies, his actions. Like Jesus Christ, like Buddha or all the people who dedicated his life to serving people. We remember them for their actions, they we try to awaken from this dream of life to stop us dreaming, with a fantasy. If we know that in the end everything ends in 0, then what do we fight so much?**

**We must not be selfish and fight for ourselves. If at the end we get nothing for what? Why not change this selfishness by generosity and help people?**

**When a tiger dies, leaves your skin, we keep your skin and head. And we, what we? Jesus leaves his name, let your word, let your goodness, let your hearts. Buddha leaves his word, his writing, his Bible, his acts with his heart.**

**As Muhammad and all these great religious leaders. After all this time, we continue to believe in them because they gave everything for the people. They go through life helping people and we only think selfishly, just think about ourselves. What is the difference? After his death they go to heaven for all eternity and we by our selfish acts we get nothing.**

**Compare your actions with those of all these people Easter. Why do not we like them?, Leaving our words and good advice, helping people. If you do good things for others are doing good for you and your conscience.**

**So your conscience is clear.**

**At any time any of us can die. Not only the old die, anyone can die, babys, young, old ... the cemetery is full of people of all ages. Nobody can guarantee that you will live until you are old. At any moment we die. Enjoy your life and help others with all your heart.**

**From small your father and your mother look after you, feed you, education, give you warmth and love, so first you have to be grateful to your father and your mother. If you can not thank your parents all the good they have done for you, you can not consider you as a person.**

**So you know, life is a dream, take it to help others with all your heart, because when you die you just take with you your actions.**

**Why life is a theater?**

**Make no mistake, we are actors in a movie, which we interpret in this life is pure theater because everyone plays several roles.**

**For example, I play the role of father, son, husband, friend, uncle or teacher, everyone plays several roles. All this interpretation is just**

that, because what we interpret a prince, a king, a millionaire, a man with luck or bad luck, all these papers are pure fantasy, not real.

Many people play roles of people very unhappy, other millionaires and are happy, all those papers are not real, because we possess, wealth, happiness, all they have, when we stop breathing, it's over. All these actions can be interpreted terminated at any time, ie, in life you have to know that everything we see, touch and hold is temporary, not forever. We come alone and empty handed into this world and when one day we go, we go alone, a single person with empty hands. The only thing we take with us is our consciousness, that's what goes with us.

The good deeds will pay off and the bad deeds are also off. Many people are confused and struggle in life for everything they have, believing that it will last forever, so many people do whatever it takes: people hurt, cheat and cheat to get what they want at all costs .

In the news recently had a case of a drug dealer who made a basement in its garden of 50 meters to hide from the police and lived there many years. He had money and power but lived like a rat to avoid capture by the police. Consider what kind of life had he lived like a rat underground, could not go outside and he was finally captured.

This person will spend the rest of his life in jail just to enjoy a few years of wealth, will pay the rest of his life for his mistakes. When I die, will have to settle accounts with his conscience, with God and God's law, the nightmare start after his death because human law imprisons only the law of the Gods will have a daily death penalty for hundreds, thousands and millions of years. This is not worth it, that's the kind of person who does not understand that life is nothing, we are just playing a role, not to be the bad guy.

It's like a rat when passing in the street, everyone seeks and hates, no one likes. These people only think about winning some money in a short time, they are wrong.

People who played the role of good people shared love and himself. Before you love others you have to love yourself, you have to respect oneself, to do things they can do to lift your head to the Gods and do things that make you take down their heads in shame, you have to be justified to oneself first. You can not create yourself an evil conscience, so you have to make things right to sleep peacefully.

Heart to do good things is good for you because it helps to do good to people without asking anything in return, but you do so anonymously so that no one talks about you and not to brag about it.

**If it boasts, his actions are not clean, do things with that condition is pure business and it is better not to, is an act that has to come from the heart and should not be claimed, repeated or said, but is self advertising be . When helping people do not talk about it, it must be an act pure and good.**

**If you do a good deed, the person you helped will always remember that and you will be returned to you threefold act of God.**

**As life is a theater we must try to help people, these good deeds are all that will go with us when we leave. No matter all the wealth, money, property, children and family you have, when you die you go alone. Your family is not going to kill myself to accompany you, you come into this world alone and you go alone. Think that every night could be the last, the cemetery is not only full of old, there are also many young people. Many people die in traffic accidents, if they had known they were going to die that day in a car accident, you would not have come. No plans to do distant future, now you have to do is to benefit oneself by helping others, because the day you have a problem, those people will help.**

**If you are selfish and only think about yourself will not have anyone to your side. Nobody wants to be with someone who only thinks of oneself.**

**To be well with them, you first have to think about them and do things for them. It is like a mirror, when you show love, love you back mirror, do not try to cheat, a lie must be covered for 10 lies to cover one hundred lies to cover ten one lie after another does not lead anywhere. You can cheat once, but no more, it has no future.**

**You always have to do things from the heart, so everyone will want, you will have a happy family, people will trust your business and be an honest person and will go far, but if you keep thinking of yourself and you do not stop lying and deceive, people do not come near you and will help you if you have problems, start the road to hell when he dies. Some people do not believe in hell but that does not mean it does not exist.**

**Atheists do not believe in hell, but I say that 50% believe that there is and 50% does not exist. The Bible always speaks of heaven and hell, and like it or not there are there. What explanation is that some people are born princes and other born in poor countries where starve while others are very rich. These differences are the result of past life, God is just, everyone reaps what he has sown. Everything negative past life is reaped in this life with bad luck. If in this life you have good luck and get everything perfect is because in the past life has sown positive things, has helped people and therefore have been reaped positive things in life. People are envious of those who live well, but it all depends on what each one has done. If in the past life you have done good, is as if he saved a lot of money in your previous life to enjoy this life, in this life if you are unlucky you have to do is help others with your time, if you can help someone with 1 cent, you can help someone who needs it more**

than you, 1 cent is 100,000 good deed a millionaire. If a millionaire gives 100,000 and poor gives 1 cent, in the eyes of God has the same value, ie, if a millionaire gives 10% of his fortune, in this case 100,000 and a poor 1000 and gives only 100, these 100 equals 100,000 millionaire. Before God is not the quantity but what is given to heart, but all millionaires go to heaven and all the poor go to hell.

Actually most millionaires go to hell because they tend to be selfish and only think about themselves and share their wealth with his family. The poor tend to be more understanding and always seem to help other poor people and therefore go to heaven. To all goes well we must help others, really is to try it yourself, you have to help others because others will return the favor at heart, and if you try to take advantage of others, is "bread for today and hunger for tomorrow ", step on others to ascend. You have to do things for others because it benefits directly and indirectly. If you lie and deceive others, will only harm himself and others just wait for his moment for revenge and not life be watching his back constantly.

We are few actors in this life, we should not think we play real roles, what is real? When you die does not take anything.

If it is real, what is the lie and kill to take advantage if in the end there will be nothing we can die at any time of a car accident, a work accident, an attack ...

No one can guarantee how long you'll live, you have to take every day to do something for others to make sense of our lives, when they selfishly think only end up in prison and be punished eventually come.

Life is a dream, we are actors of a theater or a movie, not real life. So try not to think about you, think of the other.

**Why life is a mirage and an illusion?**

People know that life is a mirage. Why is doing within this illusion and within this fantasy? We all know that when night we took off our shoes, may be our last night. We may not ever return to put more shoes for you have died. Many people wear shoes in the morning and they are not put back more, because during the day he has had a stroke and died, or because he had an accident. No matter the age, whether you are young or old, we all get the time, some before and some after. What we do know is that all going to die. All, no one escapes death. Nobody, nobody knows when he will die, we can die at any site. Did you know? not true. How many people know that when one day rise this is the last day of his life? We know that we need to eat little money how much money do we need to eat? we know very little. The food how much? if you buy in the market and then cooking at home how much can you spend? 20 or 30 euros?? is little. I am a vegetarian, on a day I can spend on eating 5 euros buy fruit, vegetables, cereals ... with € 5 and I get, I do not need more. For example with 1 euro buy a box of spaghetti and eat at least twice. It means that if you eat at home you can eat for, 50 cents. The same spaghetti if you go to a restaurant Cart more or less the same, the quality can be superior vouchers can be at most 3 or 4

euros. But how much do you pay for those eating spaghetti in a restaurant? pay 30, 50 100 euros depending on the restaurant where you go. And why pay so much? you pay on a whim, spaghetti, the base is the same. If a person eating at home can spend 0.50 cents and one in a restaurant can spend up to 100 euros. THE base is the same. We know that everything is a fad. We know that costs little to maintain this body. The quirks are what it costs. As cars for 3,000 or 4,000 euros have a car to take you from one place to another, and there are cars worth 1,000,000 or more. Serve the same purpose, but the pay expensive whims.

We in this world we live in an illusion, a mirage. What thing is real? For example, this command is now here and eventually breaks down and throw it away.

This subject to the control arm, this body we have, in a few years it rots and disappears. The body dies and there is no bone. Where is the body? has disappeared. In this world there is nothing real, everything is a mirage. Think about it, if nothing is true, why do so much harm, doing so much damage to people, killing, crushing, battering ... to capitalize? What do you make? Especially the government, as the money is not yours spends it wants and give it away as he wants. That money is the penny farthing people who earned it. The money comes from the people, and must return to the people. The poor do not have to help the rich, that's not right. Politicians take people's money to give to the bank. This year in Spain, in the first nine months of 2012, Bankia has lost 7.053 million euros. And the people have to pay these bankers who can not manage their business, and the government has to raise taxes and take out where the money to give to the banks. Imagine, the government needs 40 billion to cover the banks. Imagine that money! A many families could help! And instead of helping, taking money from people to help the rich. A rich helping another rich. Bankers have a lot of money and a lot of things. Why help them if they do not need? The money is needed to the people who are having a hard time. In Spain, there are 1,700,000 families that none of its members work, the two are unemployed and have no money to eat. Life is an illusion, all you have really is what you do, your actions good or bad. That's what you get when you die. So everything in life is a mirage.

Nothing is real, all that matters are our actions.

So here is a paradise.

Thank you very much.



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## *15. - LIFE HAS TWO WAYS*

**Life has two paths.**

**The first path is the path of selfishness. For me, for me and for me. Usually people choose this route. The path of pure selfishness: I want this, I do not want that. Everyone thinks of it first. This is the first way.**

**The problem is that we all think about me and this means that we do not think of others. This is called negative.**

**The bad thing about this road is that in any situation, you always think of yourself and never in the other your interests always come first. In this case you'll never have friends. If you are selfish you will not have a good partner because if you only think you and your wife do not think it's going to go well. If each fighting for their interests how will it go well? In the same family, with your father, mother, children ... you will be fine because not only think about you instead of the other. You need to put in place of another, in what the other needs not what you need. If you only think about ts interests and not those of the other person. You will not go far. Like the people who sell drugs, weapons or anything negative, does not care if you hurt if with these weapons will kill people or drugs will destroy lives and families think only withdraw money. That is pure selfishness. Only cares about his interests as people stealing, not think about the damage it is doing to the other. People who cheats others to enrich not care who else gets them. A government that spends money from the sweat and effort of the people in nonsense, just thinking about their welfare, that is pure selfishness. Every penny has to think 100 times before you spend it, because that money is not yours, it's the people who earned it with his effort. That has consequences. His conscience and God will punish. Governments give money to abort, to help kill own people as take its toll, the soul of the baby is going to avenge all parties involved in his murder. The government approves, the doctor cut piece by piece to remove the baby from the womb of his mother and the mother consents murder.**

**Imagine if you cut you piece by piece what do you think? You only think you're selfish. The government consenting sex between minors saying it's okay because if you get pregnant in charge of liquidating your son without problems, is a very negative and all government will pay the consequences.**

**Use the money from the people to kill their own people, killing their future citizens as stupid woman consents to kill his son. But then the conscience and the law of God will punish them harshly. The consequences are very serious. Your consciousness is never quiet. With two abortions then forget about having more children because more and have less chance of having your parent can no longer endure another pregnancy and when you do not want to have children. Think before aborting.**

**If you want to have your child give it up for adoption, there are many people who want to adopt because they can not have children. I'm sure your son will live very happy, do not have to kill him. Many people hope to adopt. No one can say that before the birth of a baby is not human, we are all equal and have equal rights. We have the same body, one larger and one smaller, we have soul and the baby also has a soul. We are all equal. Do not tell me the baby's eyes are not eyes like ours, your heart does not beat like ours .. What right do we have to kill? Killing is never good. Think about it. You pedestal fool people but not at consciousness. Because you're going to have nightmares, you will not have friends or family. You should never tell lies but the truth will harm. You must be honest for your own good. First you have to raise your head and say loud I always tell the truth even harm my interests. You can never truthfully. You must be honest. The lie is never far away.**

**As you stand in front of the whole world, your way is going to hell. At any time you can die, so while you are living try to leave this path of selfishness.**

**The second way is to understand that the self is not important. It I leave. This second way is to do the opposite in the first way. For your sake you must first think about the other person before you, anything. In any situation. Always think of the interests of the other person. If you with kindness and love to others, others will treat you with kindness and love. It is like a mirror. What we teach in the mirror is what is reflected in the mirror and the image that returns.**

**If someone treats you badly, if you put a face to someone the other also teach you their bad side.**

**If you help people when they need it and do not make excuses, just aids in everything you can, people will return double what you gave. Actions speak louder than words. What counts are the facts.**

**If you want good life, always acts with his heart in his hand, and all that you want I guarantee you're going to get.**

**Always think of the other first. Any person who makes mistakes, if truly repents, and does not re-commit, your life will change.**

**If a person stops making the same mistakes over and over again is that that person is not truly repentant.**

**Do not mislead people ever.**

**Remember well the second way is to make your actions thinking of others first, saying nothing, with your actions help without expecting anything in return.**

**Thank you.**



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## *16.- 10 THINGS IN LIFE ARE*

**The 10 Commandments, 10 tips to succeed in this life.**

**1. If you're not good with your father and your mother, do not ask anything from God because God can not help you. Because if you do not think your father and mother give you both, you care, you care to educate yourself and everything with a pure love without expecting anything in return, if you can not return the favor and your parents do not care when they are sick, you're worse than animals. If you're not nice to your parents that's the worst you can do: not know thanks**

**Two. Your brothers always fight, argue always take bad between them, if you are not able to get along with your own family, then how can you get along with your friends? If the blood is not able to get along will never be able to get along with others. That is impossible. If you want to succeed you have to know you always have to do for others. If you do not get along with the family and there is no love, as you have love for others.**

**Then you will be a loser.**

**Three. If your thinking, your heart and your word is false, is a liar, if you cheat people and you take advantage of people for your own interests. No matter what your family will leave money, comfortable house ... this will be short lived. If you're lying, wealth will be short because you negative brings negative. And negative is bad luck, bad health, all are failures. These are the consequences of your negative thinking.**

**If you sow apples grapes can not leave. Think about it. Negative brings negative. If your thinking is positive, your life will change to positive and good luck people and each day will help you fulfill all your desires. You can never tell a lie, you have to keep your word, and the people will love you. Positive brings positive and negative brings negative.**

**April. If your actions harm another person and only think about yourself. If you take advantage of others for their own benefit, but have not studied much useless. Why study the Bible? The Bible is not to memorize is to do and perform all that tells us to act according to the Ten Commandments.**

**God gave us the 10 Commandments for that not to fulfill the memorize.**

**May. If you think I, I, I, I ... you think you're superior. If you think so, if you think that by having many college're better than those who do not have any studies, which are lower and they are all fools. You are wrong. For a person with many studies, is always very friendly with people, with the people who know little, that person that people look over his shoulder, then? Titles what are they? to bring disgrace to your life, because if you look at others as inferior, careful with those people only bring misfortune.**

**June. If you do illegal things, to grow fast and quick profits, if you do according to the rules of society just trying to take advantage of others, not intelligence, you're just bad for your morning sowing. Always do things God's commands to not screw up. So do not think you're very smart, as they say is too clever. So remember and not to go ready, which is passed will suffer.**

**July. When you have bad luck, if you always do anything and do not do well and others do anything and always comes out well, remember well, life is like day and night, when everything goes wrong try to relax you try to learn something useful as a study or learn a profession during this time because when you come good luck that you can use.**

**When you have bad luck is like being at night, the night is dark be patient because after night what comes? will dawn comes the sun, day, light, good luck. Conversely when people have good luck is like the midday sun but do not get happy because soon come the night and darkness.**

**So I say that life is good luck, bad luck, good luck - bad luck and so round and round. So remember well: when you have bad luck do not be sad, much less to kill yourself, because when the darkness of night disappear, come daylight.**

**August. - If you take money illegally being a bandit and thereby help people, that's no good. If you take advantage of people, cheat to draw money. So if you have good future, you have to make money honestly. How many people who scam ends up in jail! not worth it.**

**9. - If you do not take care of your life, neither doctors nor medicines can cure you. If the evening going to the club and take pills pair up all night stand at the end pay with your health**

**with your life. Look after your health. Come if you have no health neatly your life is over. If you mistreat your body, then your body expires quickly. Care about. When it is time to sleep, sleep.**

**When mealtimes: come. Do not play with your food, eat moderately. If you do not have your health you have nothing. If you do not eat to be beautiful and thinner in the end get sick. You're very pretty,**

**but you will not be healthy. Remember well, do not play with your health because without health you have nothing.**

**10. - Sex. If you sex outside of marriage, you're going to hell.**

**Sex man and man just fatal. These relationships are those who get more than AIDS. Anal intercourse go against nature. You pay dearly to keep this type and relationships. You will not have health. If you want long healthy life, do not do that which is bad for your health. These people do not hurt anyone, but go against their nature. If everyone were gay, we would not have been born, before long the human race has disappeared, because man woman man and woman can not have children. That's whim and caprices be Expensive. In the end all these people just fatal. According to the law of the gods all these people going to hell. Try to live well, a normal life as God intended. Your future is in your hands.**

**It's just a tip.**

**Thank you very much.**



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## *17. - I AM UNIVERSE, THE UNIVERSE IS ME.*

**I is universe, universe is me. It is just to say that I am the universe and the universe is me. As if I am free. What is freedom? soul to be free, to be free of thought, to be free of me, I give you an example so you understand: we are now like a frog trapped in a well. We look to the sky and only see the patch of sky the wellhead that lets us see. We ourselves have fallen into the well and we're stuck. If you want to free you have to understand one thing: this body at any time expires and dies. For many reasons it breaks. It's like a flesh machine that needs many components to work: heart, brain, liver ... a lot of things and has millions of cells and within each cell, there are millions of cells ...**

**The body is like a car. The car needs thousands of parts to function. Not only need the engine, you need a lot of things. It is not right to fight for the body because then when you die you have nothing. Not surprisingly, we fight to the end for nothing. In order to have something, you should not fight for this machine of flesh and blood, because in the end what do you have? nothing. When you die you do not bring anything. If you do not take anything for what you are fighting? For what you hurt, if you end up not wearing anything. You hurt people to get benefit. So the only thing to get something, you fight for your soul.**

**The Bible speaks of reincarnation but yourself if you want you can go to a hypnosis session and you yourself can see your past lives. This body is throwaway. It's like a car, you get old when you stop working and exchange it for another. The body is like one day stop working and die. The soul leaves the body and when this happens the body becomes a corpse, in stiff.**

**What is the difference between a living body and a dead? As a bulb off and again turned on. A bulb is off because he comes running and is turned on when she gets the electric current, like our body, because the soul lives on and dies when the soul leaves the body. So try to understand: you do not fight for the machine of the body, is a big mistake, you must fight for your soul to be free.**

**Stop wishing for this body. If you understand that your body is = 0, and that you can die at any time, (do not know what will be our last night, the cemetery is full of retirees but there are also people of all ages) if you understand that you are not the body will come to be free.**

**Do not trust that you will come to old age, try to use every day, every hour, every minute, every second to be free like me. I have understood very well, I have to fight for my soul to be free. So I**

**say: I am universe and universe I am. To understand this, you have to understand that this body is not me, it's what you're using. As the bulb. You are the current. If the bulb is broken, the sacks, the strips and put another new bulb, then the flow returns to light another bulb. This is how the soul with the body. We come into this world to understand about the soul, do not come to this world to enrich and to die anytime lose everything. You must understand that you have to fight for your soul to be free. Most people only care about the body, it gives all kinds of treats to satisfy this body. You have to raise the level of knowledge of the soul. Look into the society, there are many kinds of people: people who can not read or write, some people are PhD, there are many levels, you have to raise the level of knowledge of the soul. If you can leave this me, you will be able to travel the universe and in the universe. If you believe that this body is me, you're never getting out of that body, you'll never leave the pit.**

**It is as it is as if you've stepped into a room and you yourself had closed the door. You're in and if you want to be free door opens and salt. The universe is infinite. Many people take drugs and imagination comes to all kinds of sensations. If you want a real sense, if you want to travel between the stars by infinity and have an infinite life, if you want to be free, a traveler free among the stars and among the millions of solar systems and universes I just leave the body. We are not the only creatures of the universes. We've heard that aliens come to visit us, life exists on other planets and universes that we do not know. We are not able to build ships that travel the universe to other universes, we are able to manufacture these spacecraft. We can only build aircraft ranging from one place to another land or ships that reach the Moon or Mars. Why? because we are very selfish and only think of taking money and how to improve the life of this body, to give the body quirks. Many people only concerned with their welfare and that of his family.**

**For example the president of Syria, to maintain their power and give all kinds of wealth and comfort to his family, his people crushed mercilessly. When people raise their voice kills them. All those who are against his ideas, the kills. That is selfishness. Killing people to maintain power. That is pure selfishness. If you stop being selfish can be free. On other planets have much more advanced technology than us, why? because here on earth we are very selfish and our life lasts a few years, at most 100 years or so and to invent great things it takes many years of research and study. Life on other planets lasts 1000 years, so can investigate longer. If we lived a thousand years, we might have the technology so advanced. Why they can live longer? because they have a heart of gold and we are very selfish. It is like a flashlight, we keep the lantern lit 24 hours, do not stop to think**

**during the day and night, we have millions of thoughts in a second and when we sleep we still believe in dreams. So our energy is depleted, is spent faster. On other planets, lights power only when needed for that last longer. It's like a car, never turn it off, which is always running, like taxis that run continuously, so last less than a private car. So if you want long life, happiness, be free, all you have**

**to do is stop fighting for this body. You should not differentiate between me, you, he, between countries, between races .... we are all one and we are all equal.**

**No superior to others, we all have a body, the same body. In your past lives could have been black, african .. no matter what brand the bulb, we are all bulbs. So there is no difference between men and women. Even animals have souls like us. Many men who like to both be female and operated to look women get breasts, dress as women .... I say you do not need to do all this, if you want to be a woman so much, I guarantee you in the next life you will be born as a woman. No need to try to change your nature. If I accept that this is just a body, and you'll be free to travel between the stars and all that you want is in your hands. Just this. If you will not disappointed by this body can have long healthy life. In 40 years I've never gotten sick, I've never gone to the hospital, 40 years perfect, I had no accidents, nor have I broken any bones. Because I understood that this body is not me. It's what I use in this life. I is my soul. With positive thinking, there is no selfishness and your whole body will be positive and not have any disease like me.**

**Why are there people who have cancer? because he's got me: I want, I want, I like, I do not like .... always thinking about how to satisfy the body. If you do not get what you want, then you get sick and anxieties. Whatever you do for the body, get your life slowly runs out. Take good care of your body with positive thinking for the other first. That is called positive. If people are positive with people you positive returns. If you help people, people will return the favor with heart. With negative just never good, "is bread for today and hunger for tomorrow" because sooner or later you will pay dearly. If you make a bad people, people will returns 10 ills.**

**So I would like if I hear, that you understand with the heart. The only one who can save you, you are yourself, not God. God what can you do? There are many people who study the Bible for many years, but how many people ignore what the Bible says and what Jesus says? if you read and do not understand is useless. Jesus leaves his ego, so it can work miracles: raising the dead, healing the sick, walking on water, know your future .... if you can understand that this body is not me, can do miracles like Jesus Christ. Jesus Christ people just think, never thinks himself.**

**The Bible is for you to understand and know how you have to act in life. The Bible not only to memorize. It is for you to understand how you should act to be free. Practice and acts like Jesus Christ. Do not memorize and nothing else, you have to act. Everyone tries to be free.**

**So to be free, you just have to understand that this body is not me and that all are equal, all are one. Animals, nature, stars, God .. If you think and do as God, you will become God. Do not ask God for anything, ask for yourself. If you want health, happiness, long life .... Ask Yourself. How to order? Positive thinking with all people**

**and all your wishes come true. Only positive desires. The negative desires are negative.**

**I would like you to understand that everything depends on you.**

**From anyone else.**

**Thank you very much.**



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## *18.- PROTECT YOURSELF.*

**How do you protect yourself? People do not know to protect yourself. If you do not protect, who do you protect?**

**Many people think that deceiving people to profit, it is good for him / her. But he is wrong. If you deceive people and pummeling people go against the law of the gods and men: this is bad for oneself. Because if you're hurting, fool, you take advantage, people will expect the chance for revenge. Insurance will avenge. It's bad for you. If you want to protect, help people and people will be protected. If people do it wrong, people will avenge you with interest. In this case you are not protected, unlike you hurt yourself. With your actions, let selfishness, if I always think first you you're hurting yourself. No one escapes. It's about time. That body does not last infinitely. Through the body commit selfish acts, you can see on the news that everyone who does bad deeds ends badly. To protect yourself, first you have to watch your actions and your thoughts. Negative thinking is more serious than negative acts because any negative act stems from a negative thought. Negative thinking becomes negative act.**

**You have to take care of the information you enter, you have to put stop to any negative thoughts. When you think something negative, you're hurting you. If you want to be good, you should stop any thought of sadness, anxiety, negative, because it is affecting your health. Your mind is sending information to the whole body through the nerves that connect the brain with the spine and the whole body is sick. Mind communicates with the body through the column. If the mind is blocked, it blocks the information and does not reach the rest of the body and disease come. Everything has its origin in the mind. Try not to get nerves, not provoke. Under no circumstances should you be angry or sad, because all this you will pay with your health. What goes into the mind affects the body then.**

**If the information you let into your mind is negative, reach the rest of the body and you'll get sick.**

**Any friend, family, known ... if not for the "eat the coconut", not to bring problems and not to have their sentences; should say Stop! If everyone tells you your pains and get into your mind, you will end badly. Your head will become increasingly large. You catch the sadness, nerves, all kinds of penalties ... and can not stand. It's like your family, friends, anyone, are on the beach to drown and you ask for help.**

**You jump to save them but you can not swim, let alone save others. In this case instead of a corpse out of the water two bodies. No need to sacrifice for others. If you know how to swim and jump to save someone: Okay. But do not die for nothing. Even if your family, if you can not do anything. If all the sorrows of your family, your friends, yours own ... you put inside your head, at the end you'll end up shaking nerves. At any time you attack and you will affect your life and your health. That's why you put Stop. Any family or friend, that adversely affects you, you separate yourself from it, you should keep a safe distance, with respect, is to protect you. Anyone who communicates with you and provide information that affects you negatively, you must put stop. In that case you have to tell that person that you do not want to transmit this information because I feel bad and I passed sadness. That is to protect you. Such as smoking. We know that smoking cigarettes is toxic to your body and keep smoking. Every cigarette takes five minutes of your life. These people are not being protected. He hurts himself, he is slowly committing suicide. Furthermore, it spends money to slowly kill himself, is it logical? The only enemy is within you. Everyone has two sides to himself, one positive and one negative.**

**The life that has two paths: one negative and one positive: up to you the way you want to go. If a person is healthy, good life, happiness ... is because they choose the positive path.**

**If you want all positive, your family, your health, your life, your work .... and do you think positively. Most people choose the negative path because it is selfish me, me, me. For anything, the first thought is I; take advantage, for interest, as is best for my ... others are not my thing. This is why most builds their welfare above the pain and suffering of others. Do not mind the pain of others, this is the problem. This person is choosing the negative path.**

**What you sow is what you reap today morning: you sow negative, negative crops / planting positive / positive crops. Just a matter of time. The law of karma does not forgive you like or do not like. Sooner or later it will have negative effects.**

**You do have a negative impact bad. All this is pure selfishness,**

**If you do anything against the law, will have a negative impact. The sole cause of all this, is selfishness.**

**Like alcohol, if you drink a glass of alcohol is good for your body, but if you drink too much to get drunk, you mess up your liver, your body and your mind.**

**We know it's bad and why so many people are alcoholic in the world? because those people are killing, chose the negative path to avenge himself. Consciously or unconsciously, is making the demon within. It's like taking a rock and put it in your shoe. Nobody can hurt you if you do not want. So you have to understand that everything is fancy: like smoking, you know it hurts and you smoke, it is not logical, smoke up with the money by the sweat of your brow. This is to choose the negative path for you, the effect will be**

**negative for you. Then why do you do it? because this person is selfish, is negative.**

**Do no harm to others: do not do to others what you would not want done to yourself.**

**Everyone has the right to live. In peace. If no one will pick on you, why machacas others? Why did you take advantage of the weaker? Everything has its consequences.**

**Human law allows abortion, but we live a few years, human law protects you while you are alive, but when you die, or the law of God and your conscience will forgive you, you'll pay for that murder. The doctors who practice abortion, are killing innocent beings, they too will be punished for killing those fetuses. Suffer for a million years for each fetus to kill and die in the same way they have killed.**

**Hell is not only after death, is everywhere: look around you how much suffering there! in hospitals are lots of people suffering. Watch what you do! because everything has its consequences.**

**Never forget that everything has consequences good and bad. Do not think that you will never touch. I guarantee you're going to get, just a matter of time. So you have to protect yourself.**

**The world is becoming increasingly selfish. We kill animals to eat them: without mercy. Meat but also has its leads virus proteins.**

**The AIDS virus comes from monkeys. On a whim to eat his flesh, now millions of people are infected. Other examples include mad cow disease, avian flu .... The Attention meat!**

**Try protect yourself, do not eat much meat and if possible stop eating meat. Life is more important than a piece of meat, many people have died for a piece of meat. Protect your mind and your body.**

**If you do not protect yourself who do you protect?**

**Today we speak of "rare diseases" what is that? Why every day more rare diseases? Why?**

**All come from the virus of the meat. Think before you eat meat. Although your live well with all the amenities if you eat a piece of meat and is infected, your good life is over.**

**So I for over 40 years and I do not eat meat yoga-meditation and I have never health problems. If you do not have your health what do you have? What good is having a wonderful family, a good job, good business ... if you're sick? Not worth it. Think about it.**

**Any person adversely affects you, you should keep safe distance so they do not bother you. Do not do anything stupid. Every whim as drugs are to kill. They only serve to kill you slowly. People know but to have feelings for nonsense. If you want to have good feelings, do**

**yoga-meditation. With yoga, when you are relaxed you can travel beyond the stars, your soul leaves your body and then back, and all without side effects.**

**If you want I can teach yoga-meditation and you have all these feelings. You can come to Barcelona to learn I will teach you free of charge.**

**If you want to have supernatural powers, learn yoga-meditation. Never use witchcraft, that is negative.**

**The responsibility for your actions is you. Do not blame others.**

**Protect yourself, for your sake do not hurt others because you're hurting yourself. Respect the law.**

**Look for the positive way and let selfishness.**

**Thank you very much.**



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## *19. POSITIVE ATTRACT POSITIVE. NEGATIVE ATTRACT NEGATIVE.*

**Positive attracts positive and negative attracts negative. How to avoid stress, nerves, sadness, anger to the edge of suicide? Very easy, leaving me. All stress comes from me. And I think I do not think, I do not like, I do not want. Why are you acting like this?**

**Think, think, think ... I think this body always thinks especially when alone. If people live alone or single is much worse. By not talking to anyone, think, think and think about everything in the past. Most people think negative and sad things that have happened, few people think about the good memories and happy moments. Think ... if you're alone, go to future, loneliness will be all black. When you think negative, negative thoughts seals 3: all things that have gone wrong in the past that you have lived, this is now and the future that awaits you. So come mental illnesses and then talk to yourself and answer only. Then you end up in the mental hospital. Why these people just as bad? because just think about me, me, me.**

**To avoid the states of nerves, I do not think both. Do not know how many years we will live, in the cemeteries not only old, too young. Death may come at any time, by accident, alcohol, drugs ... There are many causes to die young. These people are not able to control the mind: if you have a cheap and fast car when break or turn around a curve you can not control, you can not control the speed. As young people take drugs and get drunk .. are not capable of thinking for its own sake. All that stress comes they take it so hard, when you do not get what you want, what you want, you get nervous and stressed. If someone does wrong you desire for revenge and this is not going well. If you keep these feelings of revenge will affect your thinking, you will not live well, if you keep it affects first revenge yourself because you can not live well, neither happy nor peaceful. Because the brain is connected to the body through the spine and transmits that feeling of revenge and sadness. When you have negative thinking affects communication between the brain and the rest of the body, such communication is blocked and does not reach to the body information. So when people have these thoughts, pain in the stomach, has tremors in his legs, trouble breathing ... happens to everyone at the weakest point of your body. These people do not know how to control. You take life too seriously. You can not leave it. In life not always get what you want. The problem is the self. We are born with empty arms, bring nothing to the world, when we die we get nothing.**

**Never mind the money, power, real ... when you die you have to quit. And we do not know when we will leave this world. Every night may be your last night. So you have to understand that if you have money and want to continue with your good luck in all aspects of your life, you must do three things:**

**1 With money available to help others.**

**2 advises people to do things right**

**3 Become a volunteer / or wherever need your help.**

**If you are rich, you must return a portion of that money to the company so every day you will have more money. When you do things right, you will feel very positive and happy, you'll be glad this joy inside and transmit it to others. This positive energy will activate your defenses, you activate the blood circulation, good for your health, your life will always be happy and you will get it right. If a person puts a sad face will never find a job, no friends. No one will see you. Everyone wants positive energy around. Positive brings positive and negative brings negative. You look in this society: people interact according to their condition, thieves with thieves, drug addicts with drug addicts, political politicians. Each with their kind.**

**If you're a good person, you deal with good people like you. If you are negative you will interact with negative people like you. Positive to positive and negative to negative. All the pay expensive whims, not only here also after death. We are all equal. A president worth the same as any of the country's citizens. Before the law and all are equal before the gods too. We are all equal, men and women, there is no one superior to another. If a soul enters a woman's body becomes a woman, if it comes in a man's body, becomes a man, if the soul enters a body of animal becomes animal. But the soul is the same. We are all equal. Can not differentiate, we are all equal. We are all children of God, not the son of God is no less than another. That is equality.**

**All our selfishness we paid dearly: we are destroying the planet. More and more natural disasters, typhoons, tsunamis, droughts, ... earthquakes. We are destroying the planet and us we paid. Killing animals or any living thing is a fad. No one can ride your life with the suffering of others. No one can at whim and have more, take advantage of others. That you can not ride your life with another's pain. That can not be. There are politicians who say nobody's unborn person and approve the abortion. How do people who are not? What are they? Are they freaks? before birth or after birth are all children of God. Before live birth in the womb of our mother, we are small people. We are all / as people. The fetus also has a heart like you and me. Your body like ours. Like a poor man is a person, is a person rich. You can not say that a poor man is an animal. A poor may be poor today, but tomorrow may be richer. A rich man can be rich today and poor tomorrow. Because life is always turning.**

**The rich are living like a sunny day, but then comes the night and care that is bad luck. Life is turning. So if you're a millionaire helps**

others because life goes round and do not know when you're gonna get to live your bad luck. After night comes day, and after darkness comes light. Like it or not the night, bad luck ... plays each time. If you have bad luck holds and do not be sad because soon be your good luck and good luck if you do not rejoice because then bad luck will come. All you have to do when you have bad luck, is to turn your good fortune by helping others. Never think me, me, me and not think about the past. Because if you can not think about the brain goes crazy and end up in the psychiatrist and the psychiatrist alone can give atontarte drugs.

Accept life as it is. No matter good or bad. life is what we do? Try to forgive others and forget that memory so negative that does not affect your brain. If you want to live well you must forgive others so that you can live in peace. Any negative thought must reject, so you can live well. You need to be able to stop thinking still. If it is not everything you want, soon will not worry.

The only person who can hurt you are you Which calls this is pure selfishness. Everything you think and what you do you always do by selfishness.

Think about it.

Thank you very much.



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## *20. CREDITS*

**Credit is what we get in this life by performing good deeds for others. With these acts get good credit. For example: in life if you help people and you see all people as your family, of course when someone has trouble or problems you help without thinking twice. With these acts get credit. In this world there are many rich, powerful, famous ... with lots of money and fame. People who have everything you want. Why did these people die young? because of drugs, alcohol and bad life. The reason is that not distinguish right from wrong and leverages all you need to buy drugs and alcohol. These people may have money, be beautiful and famous because in the past via very good deeds performed in this life and now can enjoy the credit of his past life. Why in this world there are so many poor and needy? Why are so many differences between them? because some have credit to spend and the other not. I recently became a singer make a solid gold tub. And spend much money on whims. Very careful with this! care many people starving.**

**You have to take advantage of the money to help people who really need it and not spend money like this singer who built a solid gold bath for the bathroom at home. So spend your credit very quickly and when credit runs out, they can pass a lot of things .. die by accident, have serious diseases ... If you waste the money and then do not work to earn more in a moment you'll be left with nothing. If you go to the casino on a night you can lose millions and millions. The money is taken out of society and must return to society. This body can die anytime and all over. If in your life you're unlucky in love, work, health, family ... if you have problems of any kind, help each day to people in need.**

**With your money helps people in need, and advises people to stop doing harm. So credit win. When you have credit you ask what you want to God and God will help you. Always be positive desires never ask for anything negative. Ask God and helping others are not going to get anything. To get what you ask for you to do good. If you look at society as if it were your family, of course you help. If you see it as a third person who has nothing to do with you, you are not going to help.**

**We are all family like your father, mother, brother, wife, son, grandson ... no matter what race or what skin color.**

**If you see the other as a family as yours going to help and will not spend money like that singer who became a hot gold. A solid gold toilet how many lives can be saved? think. To save the life of a child**

only need € 40. Everyone can do it, it's a matter of wanting or not wanting. If you saw all those people in need as if it were your own family, certain that the aid. If you can do it, your life will be great and your wishes will come true. All you will do well. If you have a heart of gold your life will be perfect. Health problems come from negative thoughts as sadness, anxiety, nerves, revenge ... and meat we eat. The meat has proteins that are good for your body but also has virus. If you eat a piece of meat infected you can die. There are many people who have died from animal viruses such as bird flu, swine flu, mad cow disease ... By eating a piece of monkey meat, AIDS has been the man and many people have died from the disease and there are millions of people infected in the world. Is it worth it? no. As the saying goes "the whims be Expensive".

Any living're trying to kill, look like flees. Nobody wants to die! Do not eat the animals are living beings like us, respect them. If you would like someone to kill you, you do not kill anyone. Look at the ants, trying to kill one, watch how he runs. No one wants to die. Then do not eat meat. Do not kill any living being. Do to no one what you would not have them do unto you. The man is physically stronger than women so from the beginning of history crushes man to woman. Do you think that's fair? All are equal before God. Man, woman, child, animal ... all are equal and no one is superior to anyone. If you think you're going to spend it than bad. We think that we are superior to animals that we kill to eat them and see how many diseases caused us to eat meat. More and more rare diseases. And people who have this type of disease are the people who eat meat.

We live a few years, trying to take care of your health to live well as long as you remain in this land.

Thank you very much.



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## *21. I, SELFISHNESS AND ITS CONSEQUENCES.*

Recently in Spain every day come to light political corruption scandals. We at March 12, 2013. The problem is selfishness. Because they think only "I" in oneself. People think they can steal public money without others are aware. Almost all politicians are involved in scandals. All these people have studios and intellectually well formed. They go from ready. They think that they will have to bear the consequences. Anyone who steals private political or did you discover? think about it. Almost 100% is found. It's about time. We condemn and taken to jail and take away everything you have. If they know that stealing will end badly why steal? because they have a child thinking that there are going to discover. It is only a matter of time.

Any person who will listen and will commit a crime, you think well. Everyone has his punishment sooner or later. If you steal money from the people owe the entire village. If Spain has over 40 million people you owe it to those 40 million people. And how do you pay? In the next life these people will be born as animals for millions of years to pay all the people who have stolen. Do not steal, you will have less money but you will live much better and quieter. The money, jewelry and valuables are always in the safes because nobody dares to wear them. So what is it? What for them into the safe? if you like a jewelry jewelry you see 'em and they do not cost you anything what difference does it keep them safe in your house safe in a jewelry? none. So why do you spend so much money on jewelry? Just to see them? Diamond is a stone, not eaten. So what good is having it. The consequences of stealing as much money people are very very serious. People are not able to understand. People steal, swindle, deceive each other end where those people? in jail.

Another example is the banks, people also steal, cheat and sell products in small letters then they are worthless and you can not recover the money. That is a scam. People trust banks and then the banks take your money. Above lose money because they know the business and then among all pay their mismanagement. The village helps banking and banking takes advantage of people. Before when I granted a mortgage to buy a flat, flat bench valued you in x amount which included not only the floor, also the car works, furniture ...

When one day you can not pay the mortgage, then the bank says your flat is worth much less. You can not return it because its value is far less than what you owe the bank. Then you run out of floor

and also have a debt with the bank. The bank does this trap to benefit the poor people. The whole scam is a negative act. And all the negative brings negative. No more. This body can die anytime. When the air does not go into your lungs, stop breathing and die. In one day this body rots, is full of maggots, swells out liquid ... then why do you love this body? This body is not you. It's what you use. So do not be a slave to your body. Thought must send the body backwards.

All the people who steal, cheat, swindle, kill ... everyone does it only for the benefit of your body. All to benefit the body. This body does not cost much to maintain. What do you eat each day? 2 or 3 kilos of food at most. Food costs a little. A steak on the market can cost 5 USD and restaurant costs you 50 or 100 €. Spain has more than 6 million unemployed and politicians are stealing and cheating the people charging fees for everything. They have no compassion for the people that are going wrong.

The politicians who are pro-abortion do not think that thanks to his mother who aborted them are alive. If their mothers think like them, they were not born. Their mothers had been killed before birth. Politicians who pass over abortion and women pay for abortions, go to hell for billions of years. All those in favor of abortion and kill their own countrymen are children of the devil. When they die they will go for millions of years to hell. Live and let live.

Today there are many rare diseases in humans. The reason is because you eat meat. Each species has its different viruses. When you eat animal flesh, the virus that has that animal you ate wrong with your body.

No matter if you cook the meat, many viruses do not die and when you eat the contaminated meat, thou pollute and sick. If you want to be healthy try not to eat meat.

The foundation of all mental illness is the Self. Selfishness. Wanting too the body. The soul has no needs, no eating, no need to dress or possess money or property no diamonds or jewelry. What can take the body? up to 100 years. Cemeteries are not only old, there are also young. Your body is like a body that moves because it has soul. The body has to serve the soul, not the soul serve the body. No matter how old you are, any time you can die, do not kid yourself that you will live many years, I do not know. Nobody knows. The body is like a car that is yours, but not you. You drive it but not you. The body is what we use, as the clothes we wear, but not me.

The problem of humanity, the only problem is in mankind is me, me, me. It is selfishness, egotism, selfishness.

Everyone thinks only of himself and others who gets screwed. Just serve your body. But this body is worthless when nobody wants to die, people do not eat human flesh. If this body is worthless why do you live only for him? Try this body to help people. The body the more she mimes worse because every day you will ask for more and more and you will be more and more a slave to your body.

**Politicians paid a good salary. After 7 years of work get the maximum pension. If you always worry about everything you provoke a state of nerves and stress is not worth it.**

**If you have problems I will explain how you do to relax. It's simple: Do yoga, posture you want and where you want. 're Working or relaxing. You just have to concentrate on breathing in the air that goes into your lungs and then out through the mouth. Do not listen to any thought that comes to mind just think about your breathing. Take your mind to concentrate on your breathing, in and out as the air in your lungs. Gradually you will find relaxed. You have to try to bring the air to below the navel. Not for the mouth and the nose. Breathe slowly, thin, soft and long. Try to get used to this way of breathing until you get it 24 hours. The longer breathing the longer your life. Remember that oxygen must reach across your body to feel good.**

**The mind is always thinking: I like / I do not like it, I feel sick / I'm fine, I want this / I do not want that ... always thinking of me. This is the problem. Leave all this and live happily. Stop thinking so much about me.**

**Every day you do 30 minutes of yoga, no matter what time, anytime is good. If you can not control the mind and stop thinking there is another formula: reciting mantra. I teach very easy mantra: "A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo, A -mi-tuo-fo, A-mi-tuo-fo, A-mi-tuo-fo ... " You recite this mantra, recited with all your mind. Ranked all your mind with this mantra. It heals you, save you and protects you from mental illness. It's free. If you want to live happy and make all your wishes come true, just recite this mantra.**

**If you always think first on your tastes, your desires, your interests rather than the interests of others, is selfishness. There is no excuse. Excuses are for self-deception. Do not put conditions when helping someone, because then you're still selfish. If you help someone you do not put any conditions. There are many millionaires who have hotels with thousands of beds. That person, who has more beds at night can only sleep in one bed. You can not sleep in thousand beds at a time. What good have billions, if you do not need much to live what for him on the bench? do not look for excuses to get more money by cheating, cheating .... That's why Body whim, not necessity. The need for your body is low. Your body needs many millions? when you die your body is going to do with so many millions do you're going to carry to the grave and be the richest corpse in the cemetery? of what use so much money if your body does not need. The body does not ask for anything, it is the mind that negative thought with self-deceiving to this body. No more.**

**Divorce, why are there so many divorces before marrying if everyone promises to be loved for a lifetime? They promise that you will care for each other for life. So why are there so many divorces? The husband must think for the sake of the woman and the woman think for the sake of her husband. When you give your heart to a woman, the woman will return with twice the heart. The one and the other, each thinking of their interests. The husband thinks of his**

interests and the woman thinks theirs. So if the interests are different collide and marriage unravels. All for selfishness. This hurts both but more serious is that it also hurts the children. When one marries, promises before God who will stand by your wife / husband for life. So are fooling God. All this is pure selfishness, is thinking only about me, me, me. Do not suffer the innocent children who have nothing to do with your "rolls" Adult. There is increasing selfishness in this world.

The abortion. A couple make sex is normal, but if you want to have children should take precautions and if not taken and the woman becomes pregnant, you can not abort because it is murder. Although the law permits this world, in the past this offense is punishable by billions of years of suffering in hell. There are many contraceptive methods to prevent pregnancy, if you do not want to have children and you love to do and enjoy sex, take precautions. You can enjoy sex every day every time you want with your partner, that's normal, but if you want to have children take precautions because if the woman becomes pregnant can not abort. Respect life: Live and let live.

If you get pregnant and do not want your son give it up for adoption, there are many couples who are desperately seeking to adopt a child. In Spain in order to adopt a child you have to wait about 10 years. If you do not love your child, do not kill. Give it up for adoption, your child may have a very happy life with a partner who will take care of very well educated and may even have a better life than you can offer.

Please listen: Today I spoke of selfishness which is the basis of all evil. Remember well: that everything will go well in life you must give your heart to others and others will treat you with all his heart. Try to be positive / to and everything will be fine.

We must help each other in heart, is the only way to live all happy.

Thank you very much.



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## *22. DISEASES. HOW COME AND how to cure them.*

**Hello. Where do diseases? How do you heal? Doctors only you can cure 30% of any illness you may have, 70% up to you. The things in life have to do with the positive thinking. If you you take to heart anything what you want, you may be disappointed. The longer you take to heart things, the disappointment is bigger. While more a thing you like if you get it, you have more mishaps, more disappointment. The cell is very important for health. Cells are important to this body. What you think you transmit to cells not forget. If you think negative, in revenge, to deceive people, think about doing damage ... these negative thoughts, transmits them to your cells. If you have bad thoughts, negative thoughts at the same time transmit to your cells. If you are pure selfishness, your cells are also selfish and all the cells in your body become your enemy. Imagine! you think the good cells turn bad cells. Cells do what you think. So when someone insults you and you jump, you're angry, you can not control yourself and you take things so seriously, you will suffer from ill health and disease. Health depends on the circulation of the blood. If the blood does not circulate, if you get angry, you get sad, you take things to heart, you will have more diseases. All kinds of negative thought, you have it with or without reason, all can affect your circulation. If it affects your blood circulation, you can have heart attacks of all kinds. All thrills are harmful, you can stop the heart at any time. If you are very happy, too. All emotions good or bad you control. Everything that happens to a limit is bad. When baby is born what do you ask? only food and clothing to be warm. Do not ask for anything more. That is enough. Do not ask for clothes, no car, no house. Just ask the basics. How have few desires, usually have good health. As it grows, you have more and more desires, more and more. ...**

**If you have 100 wishes have 100 problems and 100 dislikes if you can not fulfill. If you wish 1,000,000 1,000,000 dislikes and will most likely have a heart attack. Before trick people and crush people, you learn from your cells and are crushed between them. Know that negative brings negative and positive brings positive. If you want good health, first you have to have good thoughts and do good deeds.**

**If your thoughts and actions are positive, your cells will be positive and have a good blood circulation and everything will go perfectly. So you can have good health and long life.**

**If you go with a positive attitude towards your family, your friends, your business .... everything around you will be positive. If you go with a negative attitude otherwise you will: have everything negative. If you act honestly with your heart, your thoughts and your actions you shall perfectly. If you just ask, ask and ask and want more, more, more ... not going to live happily because you always want more of what you have and that is greed. One day, when the heart stops and you die you will not take nothing to the grave. What we get when we die, are our actions, our consciousness, as the black box of an airplane. The gravel all conscience. This life gives you back everything. If people do good deeds, people will return with good deeds. Conversely, if you do bad deeds, bad deeds will be returned. It is the law of cause and effect. Think about it. If sooner or later you will pay with prison why commit crimes? any person who commits a bad deed will pay sooner or later. No one escapes. You will go to jail sooner or later, so better not do it. You will have bad reputation, you bad name in front of society, bad for long stay with the company. Is it worth committing crimes to enjoy a few years? ... after jail awaits. Not worth it, better to be honest with you and with people. You spend your money as you want, but the money of others can not touch. As politicians they spend and steal money from people, that I paid dearly.**

**Better to be Kraul you and people. The money of the people is for the people not for you and your friends. In this life be punished by law, but when you die you will be punished by the law of gods over millions of years. The crimes you commit in this world pay in this world and in the hereafter. Believe or do not believe go to hell. As the terrorists do not recognize and respect the laws, like it or not go to jail. They will not fight. So do not be disappointed with the things of this body. The body is made of water and hot air, why fight? With little can be happy, no need big houses, cars, clothes brand .... all that you do not need. With the basics can be very happy as babys. If you do wrong and cheat people to live you better, you will pay dearly. Better to be quiet and happy with what you have. With what has your husband or your wife you must conform. Surely the world's best husbands and best women, that's for sure, you are not the most handsome / a rich / a .... the world. But if you want to live in peace with what you have. With what you have touched.**

**Someone is always superior to each. Each has what he plays. If you're worth \$ 100, you should look for a husband than 100 euros. If your husband is worth 50 Boom 50. Each with their level. If you have 5 you can not buy something that is worth 10. So you have to settle for what is worth 5.**

**And if you're not happy with what you have, if you do not accept what has touched you, then you will not ever be happy in this life. Many people divorce for that reason, all seeking more. A bird in the hand is better than 100 flying, if you loose the bird in your hand, then you'll be alone. Then you're left with nothing. Loneliness is the great enemy of man / woman and you will slowly kill: that's the worst. You have to be content with what you have. Because if you look better in the end you can end up with nothing. So live happily. Live with your possibilities. What you have, what you earn, you**

**have to live with it. Do not try to live above your means because you will not be happy.**

**Do whatever it takes to make more money within the law. If you are unhappy with what you have you can not live in peace. To be healthy always have positive thinking, positive energy. To have positive energy, you must do three things: to help people with money, volunteer to help advise people with good words to act properly. You'll be very happy and gradually your mind will be positive. If you are positive, your life will gradually become positive.**

**That's all you can get rid of the disease. Like me, 40 years ago I have not gotten sick and have never gone to the hospital. Anyway, good or bad, that is what is what it is, what it touches. You have to make do with what you have. What can you do? Although your car with the wall head, not going to break the stand, then how to hit? If you get sad not going to solve anything, will all get worse, you will destroy your own health. So good or bad things anyway, so you can live in peace and well happy.**

**No difference must have thought: we are all equal, we are all sons of God ..... no deference between men, women and animals. If no differences ... think about it .... This world will be a paradise.**

**So you have good health, good future and live in a paradise.**

#### **CURE DISEASES OF BODY AND MIND**

**If you have nerve problems, thought problems, sadness, anxiety, anger ... all kinds of negative thoughts can affect your health. Above all psychological problems. All these problems of the brain, all you can heal is mantra. Pills do not help or cure all. It's just to let you groggy drugs. Cando about the effect of the pills again the same thoughts, because thought are not able to control. So many nerves and worries are going to affect your health and it is when they come diseases like cancer. There are thousands of diseases that can venirte by those states of nerves and sadness. Now I'll teach you a mantra to recite it every time these negative thoughts come to your mind. Repeat this mantra nonstop until you leave all the bad thoughts and states of nervous stress and feelings of sadness. You repeat until they disappear, 1 hour, 2 hours, 3 hours .... One day, two days, three days ... one week ... a month ... repeated the mantra as long as you need to remove negative thoughts.**

**It heals. there is another miracle. Only you can heal yourself. Who has put those thoughts in your head? you and only you. So only you can remove those negative thoughts. No one can heal no one. Only you can heal yourself. With pills stay only going to get stunned. You should not take things so seriously, everything goes well. If you give importance to the things you're going to suffer a lot. If you give 10 importance'll suffer 10 if you give a importance of 100 you will suffer if you give importance 100 1,000,000 1,000,000 going to suffer.**



**When a thought of this kind begins to enter your mind, fast recites this mantra and then I Keep far from your mind. Before taking revenge, commit a crime, to hurt people ..... Quickly repeat this mantra and correct your thinking. It leaves as new. So you save yourself. If you betray someone in thought, by acts or words, the only thing you can save is the mantra. This mantra is miraculous You have to be sure you will be fine. This mantra is the name of God. It's the only thing that can save and clear your mind.**

## **NEVER SICK PEOPLE.**

**In this world there are three kinds of people who never get sick.**

### **1. - People who are good**

**What is a good person? is that every day for 3 good deeds:**

**First act good: does everything it can to help people. With the money left over, help people in need.**

**Second act good: The counseling with good words to people to act properly. You are right.**

**Third act well: People who do volunteer-a. They devote their free time to help people.**

**These three acts should be done every day, not once in a while.**

**In a good person is all positive thinking. If your thinking is positive, the positive energy of your mind, passed through the column to the body. Otherwise if the thought is negative, this negative energy going to the body and blocks the nerves, the communication between the brain and the rest of the body is less and the person gets sick.**

**So, you must act like a good person, you have to have positive thinking. If you have all the positive thinking you send through the column positive information to the whole body and the whole body receives positive energy. If you do how are you people always have good health.**

**If you think negative you will have poor health, because your body will receive negative energy. No matter rightly or wrongly. If people take advantage of you, if people is cheating on you, hurts you, you have every right to revenge. If you stay with that negative thought, you will pay the consequences. Because you are full of negative energy and health affect you.**

**People with positive thinking, always have good health, because they think positively.**

### **Two. - People who have less thoughts.**

**Do not think so. If you have less thoughts, have less desire and that person can be healthy.**

**Three. - A person who knows that everything he sees and touches is pure fantasy.**

**That there is nothing real. If nothing is real, not take things so seriously and things do not affect you. If you take this course, you can be like God. You can do what you want, no one can hurt you.**

**These three types of people are never ill.**

**Another thing: food. We are vegetarian animals, the type of teeth that we are like cows and horses. Our gut is twelve times longer than carnivores. They eat and take fast, we eat and it took several days to get everything we eat. Meat rots in the gut and that it affects health. As mad cow cows when sick, we transmit diseases when we eat meat. If you do not eat your meat, their diseases do not affect us. The virus does not kill but cook it well. Each animal has its diseases, like the monkey that is carrying the AIDS and nothing happens, but unlike us affects our health. So if you do not eat your meat have less risk of disease.**

**We have to eat cereal, fruit, vegetables ... with all this we have enough.**

**For example myself, I'm a vegetarian for 40 years and I've never gotten sick, I'm not a doctor at all, because I am perfectly. If you have no health What you got?**

**So for good health:**

**First you have to be a good person and do the three positive acts by people.**

**Second stop negative thinking. Control your negative thinking. Always have positive thinking.**

**Third. Leave the thinking still, the things that happen not give them importance, anyway, do not shake the thought. While thinking move, move the heart and this will affect health. Anything you see or touch it, good or bad, try to quit. So you have good health. The good health, you have to get you nor doctors can help. It is also important to move, you can not sit in front of the TV scratching your belly. The body is not moving, fast breaks. Walking, doing light exercise ...**

**It is best not to move the thinking, or positive or negative.**

**Thank you very much.**



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## *23. SEED OF GOOD AND EVIL.*

**We carry within our consciousness, two seeds.**

**The first seed is that of good. We took forever within our consciousness. But we also another seed: the seed of evil. This seed of evil, is learning and growing in this world.**

**The seed of good means: within our consciousness are a god, we are a perfect soul. But we have the seed of evil because we're in this fantasy world. What we see and touch in this world is a fantasy and we I become reality. We turn that fantasy into reality. So we must learn to distinguish good from evil. Many people do evil because he can not distinguish right from wrong and confused. We have to try to teach anyway, rather than criticize and point fingers. All the people who do evil in this world, is because no one has taught them that is good and evil, and so confused.**

**In this case we must teach. We teach from the beginning before birth. The pregnant mother since she has to teach his son having good thoughts. When the baby is born should also teach their actions, because the baby but can not speak, see and learn. Do not talk does not mean you do not understand. The baby learns everything he sees and hears. So if you want a good future for your child first have to set an example, both the father and the mother. Thus the child learns by your example. So if the parent is bad, evil child because the child learns exactly equal to what you have seen their parents do.**

**So for that seed to grow and fruit well, need you to do like a tree.**

**A tree needs: earth, water, sun, fertilizer ... to grow. So for the good seed grow with your needs your good deeds.**

**If you want to be a good person, first think all positive, speak positive words to anyone. Because everyone has a positive and a negative. If you want everyone to be nice to you and your happiness, you should talk with positive words, you think positive, you must act positively. Do nice things for people. If you do good things for people, if you sacrifice for your friends for your family, for the people, everyone thanks you from the heart. Everyone will want to be your friend and be with you. You'll be the best father and a good citizen. So you sacrifice little for a lot.**

**If you want to get a little out of the people, the people you will pay a lot more expensive. If you take advantage of even a little of the people, the people you will pay dearly. So one step back are ten steps forward.**

**For you entendáis: in this world, in this society, you must sacrifice something of what you have for others without wanting or asking anything in return, and are moved over the hearts of the people. In that case, you can get everything you want and you can get anything you want in this world. Any good chance I will always tell you first. That is the seed of good.**

**If you plant well grows well.**

**The seed of evil. We all have the seed of evil within our consciousness. So before you make a thing, a part of our conscience says yes, yes do it! And another part of our conscience says no, no, do not! This is the struggle between good and evil.**

**If you water, fertilize and care for the seed of evil, it grows. There are many seeds of evil: for example, a normal person who gets into the world of drugs, drug consuming .... guarantee that sooner or later die of overdose. This is your future. Before dying, going to hurt anyone to take money and pay for drugs, This is the seed of evil. If you do not approach it never grows. If people do it wrong, sooner or later someone will want revenge and come after you. While not overwater or soaps bad seed will not grow. It depends upon ourselves, how we want to live. If we want to live fantastically or as a rat fleeing everywhere because no one wants it and everyone says kill him, kill him!**

**This is the seed of good and evil.**

**There are no remaining negative act without consequences.**

**Everything we do wrong, one way or another, sooner or later, returns, you'll pay a lot more expensive. Always never leave the numbers. First you punish yourself if you run into her on the street, you yourself going to bow our heads in shame, you can not look at him, that's why you're punishing yourself. If you are a good person and go to any site, everybody loves you, that if good life.**

**So if you nonsense in this world and want to take advantage of people, remember well: everything that serves people to benefit yourself, or you hurt people, remember well, not just your conscience punishes people punishes you have revenge sooner or later. When you die, all you've got in this world, you will not take anything, anything at all. Up at any time you can die. No one knows the time or the day we die. Nobody knows. When the air does not go, it's all over. A heart attack, an attack on the brain ... anytime you can die, without notice. So do not think you're going to live a lot of years. No one says anything. So try to live well, everyone tries to love you. In that case you should take water, soil and fertilizer to the seed of good. No other way to live well and have a perfect life.**

**So if you want in the afterlife be a Saint, is simple: do as Jesus Christ, died for others lives for others. As Buddha devoted over 49 years to teach people never resting or Saturdays or Sundays. Always working for the people for 49 years. It sacrifices for others. We must learn from these people. They only give water and fertilizer to the seed of good so became world leaders. In life, it all depends on how you want things to be: everything depends on you. So the seed of good must care. Forget the seed of evil that only brings negative things. Do not bring anything good: at first it seems that you get out, but eventually pay dearly with the consequences, I will come and have problems. Remember well: do not try you take advantage of others to get rich because they pay very expensive, very expensive. You have plenty of evidence that support what I say. At first it may seem that things go your way, but soon will come the wrong thing. If you do things wrong, you see thinking that hell awaits: the gates of hell open for you and you will suffer to pay for what you've done.**

**If you grow the seed of good you come in Paradise: Paradise awaits you there not as many problems as in this world with so many natural disasters, so much suffering ... So we can turn this earth into a paradise. We just have to pay and give water to the seed of good, and all live in a paradise.**

**Before fertilize and water the seed of evil, think please. Because that will bring bad consequences for you, your family, your children, your grandchildren .... Think about it.**

**In life you have to fight and fight, leave, anyway, nothing happens, suffer a bit, nothing happens. Do not think so: "I am suffering, I am suffering ... whatever. If you can forgive the other, are paying the seed of good. Do not think of revenge, because eventually the pain will be for all and nobody wins anything. So never think of revenge. Revenge only feeds the seed of evil. Do not worry, God, his conscience and people will take revenge for you. You do not need to take revenge. Forget! What will bad the other, you're just a victim. So will not need to look back. Who looks back are the people who are afraid because they have done wrong and they fear retaliation from others. So these people do not live well, always afraid ...**

**So attempts to maintain the seed of good. It will grow and your life will be wonderful, gives light, water and fertilizer to the seed of good in you. Please trust me: there is nothing to relocate us to another world, only our consciousness and our good deeds. Not worth doing evil to take advantage. After very expensive pay the consequences: hell awaits. Some people say there is no hell, good and if any what? There is a 50% chance that it is, in case there is then what is it? Buddha and Jesus Christ say yes there is, then in case better than not feed the seed of evil. So father that you will not suffer and you will not have a hard time in hell.**

**So try to live in this world good. Because only brings negative negative and nobody likes negative. If you do not like do not do negative things negative things in this world and we all live happily.**

**So, I wish that everyone may understand and act well for you and  
for others.**

**Thank you very much.**



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## 24. REPENTANCE

**Every person in your life, always make mistakes. All we comment errors throughout life. There are serious errors and mistakes not so serious. The most important thing is to repent with all your heart.**

**If you've hurt someone, whatever. If for own benefit or interest, you hurt someone, this person if you want the pardon, all you have to do is to apologize wholeheartedly, with all my heart should apologize. If you have to pay the consequences, you must pay the consequences. In this case, once it has apologized, must pay his debt to the one who has hurt you. But it must be with all your heart. Open your heart and ask for forgiveness with humility and sincerity. Everyone makes mistakes: all, some more than others. The important thing is to ask for forgiveness if you punish, insult or yell and if you have to pay consequences must be paid. So, you stay good about yourself. So you can go with your head held high. No ducking always when you see someone. Raise your head and ask forgiveness. You go to that person you've hurt and ask forgiveness. If you hurt your father or your mother, sincerely apologizes.**

**True repentance is, that once when you recognize your own mistakes and you opened your own heart for forgiveness, do not come back in the future to make the same mistake. This is true repentance. If today and tomorrow you apologize again to commit the same offense then you are not repentant. You're playing with people, with feelings of the people, trying to tease people, and deceive people so you deceive yourself. This is going to pay dearly-guaranteed. You'll pay dearly. When the time comes, sooner or later only a matter of time. If you do not want in your future you embarrassed to ask for forgiveness. A Any person who has been hurt. Apologizing can save your future. If you want your future to be bright, have a good family, have many good things must apologize wholeheartedly.**

**So when you ask for forgiveness, you become a man or woman honored-a. But remember, if you ask for forgiveness, the consequences will be much less. If you apologize, when one day time comes, I will punish super lot of poor. If you ask for forgiveness worth. In this case and apologize as soon as possible before your life to positive change. Remember well.**

**The only thing that your future goes well, begs forgiveness who you hurt, begged forgiveness and, if necessary, to kneel, to your victim and beg his forgiveness. If you can forgive them, you can forgive yourself. Because if you do not ask for forgiveness, you have a**

**thought that logs everything you do. If you hurt someone and hammer away, you with this negative thought to hurt people, you will affect your thinking and your health. Every time you do something wrong, you accumulate negative energy and you'll increasingly more negative things about you: bad luck, ill health, people do not love you, bad future, bad job, your marriage will fail ...**

**Because a person when it is negative, it is impossible to have a wonderful life.**

**Some are punished sooner and some later. You punish yourself, you pay dearly, is a matter of time. Sooner or later you will pay dearly. No one escapes their punishment. And if you ask for forgiveness, your punishment will be much, much higher. If you apologize to sometimes not condemn you, you pay consequences. Because when you beg forgiveness wholeheartedly Most people will forgive you. Most people say, "okay, okay, if you ask me forgiveness is so with all your heart, I forgive you" and returns to be friend to you. You can even injure to be in your family.**

**So for no more mistakes:**

**1 first have to think about the other person. If you think of "me" first, in your own interests, each day you will make more mistakes.**

**Remember well: you have to apologize because you're hurt, the gods first, second and third people yourself. Any error comes from selfishness, the more I, more errors. There are many people who never repents and your life will increasingly worse, increasingly old more quickly, and more bad things happen.**

**You have to realize that in this world, but you do not believe, there is the punishment of the gods. These people say: I have not seen God, so do not think. He does not believe in punishment because they see or feel. But in this world there are many things that can not see or feel, but exist. For example, a TV remote control. When you press the button the TV turns on or off, up or down the volume .... You do not see the waves, but they exist. It's like the gods, as your own energy, even though you do not see it, does not mean it does not exist.**

**So there is good or bad luck. If you want to live well and have good future, remember well: always ask forgiveness, repent of the things you do wrong. And If someone hurts you must forgive, even if you have the world rightly.**

**If someone has hurt you and you angry and want revenge, all day you are thinking about the thought of revenge, and it makes you hurt yourself.**

**Because with that negative thought, you block the nerves that run from the head to the column and then to the whole body, all the body. Ask any doctor, everyone agrees.**

**When the ducts are blocked, you get sick-a and life is shortened. If in life you do not have health, what you got? So for your own good: if you want long life, luck and good health, you have to do two things: pray for forgiveness when you hurt someone and if another harms you must forgive that person with all your heart. If you do not forgive, as you live all day if you think about revenge, revenge, revenge ... how can you be healthy? That's not possible.**

**So for your own good you must learn to forgive others. If you do not learn to forgive others, that you will hurt yourself. You have to forgive and pray for forgiveness and repent of heart. Repent of truth is not to make the same mistake in the future: that's truly repent. If you repent today and tomorrow you keep making the same mistakes, then you are truly sorry.**

**Remember well:**

**Two important things in life: to beg forgiveness from the people you've hurt and forgive those who have hurt you. In this case you can live healthy, good looking, good family, everything will be wonderful.**

**People hurt us in many cases, but not hold grudges, forgive others is beneficial to you: You can have a young face, bright friendly and good future. When you are angry always thinks has passed. And forget.**

**Remember well: to live well there are three things:**

**Forget about the past 1**

**2nd forget this, do not think so,**

**3 ° Do not think about the future.**

**Many people think of the future, some think negative future, or anything,**

**And then you can not live in peace. When you think of the past, at present or in the future, you can not live well: past anything bad or good.**

**Overcome evil of your past with regret, without holding grudges is best for you.**

**Do not worry, God, society and people, will take care to punish people who do wrong. Everyone will know what kind of person he is, his future will be the worst. No need for us to do justice for the damage they do.**

**God, the law, society, punish yourself. So let your vengeance and your grudge even if you have absolutely right. So your going to have long life good health and good future. If you want health must have positive thinking, but as you can live if you hate every day, your face becomes hateful. Although you're right, but you're the victim,**

**forget it over the other person hurts you, you you're hurting yourself.**

**That is the worst thing worse. The strongest enemy we have is yourself, so think about it for your own good, all up to you not someone else.**

**All that matters is you.**

**Thank you very much.**



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## *25. FEARS AND NIGHTMARES*

**In this life you have to learn not to fear or fears. Where do fears and fears? come by desires. What we possess. Fear for your life, your future, your desires, fears this will cause. The more I have, the fears and fears will appear. The more you want to the self from the body, and not live worse quiet. Sure. Your last night can be any day. Many people in the world die every day. For various reasons. There are many types of accidents. Nobody knows when he will die. Venirte death may at any time cause million. Die ... all going to die. We all die. Who does not die? this body is mine, not me. If you understand this, that the soul is like a tenant, that one day we have to leave this body, then ... Why do so many negative acts as cheat, deceive, to take advantage of people to benefit from this body? You have two problems. The first with your conscience, you know that is not well done. All will fear. The more negative acts do, the more fears and fears have. If you make ten bad deeds against the people, have ten enemies. Everyone will be waiting for the chance for revenge. If you have a million enemies, you'll have a million fears. All wait till you get your moment of bad luck to come after you. Everyone has their moments of good luck and bad luck moments. If when you have good luck rather than help, pummeling people and you take advantage of it, when you have bad luck will come for you. Why not take advantage of your position of wealth and power, because your good luck will not last forever. Today it's up to you and tomorrow it will another. It's the cycle of life. All fears come from this self, the self of the body. Understand that this body is throwaway. And nothing more. We are soul and what we always soul are our actions and our consciousness. It never goes away. So I try this as small as possible, so you will be a non differences between me, you, him / her and society.**

**If you do not make difference, you will not deceive another, or to crush another, or to take advantage of the other, because the other is you and you do not hurt yourself. In this case, you are going to be a fish in water. Anywhere will be Welcome. Everyone loves you and respects you. You will not fear or fears. You have to accept life as it comes, with its moments of good luck and bad luck moments. Everything you own in this world, when you die you leave everything.**

**Why take advantage of others to get something for little while you live this body? If you are negative will attract negative: each with their kind: like the thief to the thief, a drug addict with the drug addict ... each with their own species. Negative So going to join with negative. That you have to understand. In life you have to take to**

heart all you have is good or bad. There are many people that suicid small problems, but this is not going to solve anything. These people have to understand that everyone will turn their bad luck as well as touches her good luck. Wait awhile after darkness comes the dawn and the sun comes. Do not be happy when you get your good luck, because after the good luck will come your bad luck.

Life is changing and everyone has to live good and bad times. Do not give much importance to the things of this world. If your wife leaves you, no need to kill yourself in this world there are many women better and if your husband leaves you, men are sure to find much better than your husband. In the world there are millions. So do not worry, that after your bad luck, your good fortune will come and you can find a husband / wife better than you left. Sure you have. If you always do for others first, offer your heart first ... the other will respond in the same way. I will return with more heart.

If you give another negative, the other will return more negative. Such is life. That is the law of karma. If someone hurts you, do not worry, you do not take revenge. The same is punishable, the law of God will punish, punish his conscience. All we commit negative acts are "bread for today and hunger for tomorrow", it's not going anywhere.

So I try to have that smaller because the smaller less worries and fears have. The more money you have the more fears you. If you have 1,000,000 1,000,000 fears euros, 10 euros if you have 10 fears and if you have no penny you have no fear, because as you have nothing nobody can defraud or harm. A millionaire has many more fears because he fears for someone to steal, they kidnap his family ... have to be protected when they leave home to avoid being docked and are always in fear everywhere. Bandits why not pick on the poor? because they have nothing to remove. So if you have nothing what are you afraid of? so life is good.

Another fear is a disease, if you are afraid, your mind thinks: I have health problems, I have health problems ... and thy mind causes the disease. You "eat the coconut". If you give command from the brain to the body that you have health problems, the body will become ill. The mind controls your body. If your brain think negative, your body commit negative acts. If the mind tells the body: "jumping off the balcony" body jumping off the balcony. The body always follows the mind. If your mind give the order for your body to perform positive acts, your body will help people. If you think negative acts, your body will hurt people.

Under no circumstances do harm to others. All fatal ends. If someone hurts you, you should forgive and forget because that person is an ignorant, we must feel sorry for that person. Because this hurting the wrong people, the law punishes, punishes society and life will go fatal and when you die you go to hell and hell will remain 1,000,000 years and each day recite to die again and again to meet your grief. People who think that hurting other benefits, those people are wrong. Never teach your finger when someone makes a mistake, try to educate with good words to understand and change their behavior. Violence returns violence and that never

**ends. Lots of people make a mistake, such as terrorist bombs are placed in your body to carry out attacks in public places such as markets.**

**Those people who kill in God's name without caring nothing innocent, never in any Bible says to kill innocents. Innocent people are not to blame for anything. If you have a problem you solve it with anyone, with government, politicians .... but do not kill innocent people. Those people do not know, if you kill someone, you go to hell for 1,000,000 years. If you kill 10 people go to hell for 10,000,000 years. After getting out of hell and be born as animals and live for 1,000,000 years and then be born as very poor. People who say that who kills to defend religious ideas go to heaven, is a lie. That is the word of the devil.**

**All the gods are in favor of life. No religion is in favor of killing and if someone in the name of any religion says to kill, is manipulating the poor ignorant people who can not distinguish right from wrong. Your body is not yours, is your father and mother have given you. You are like a tenant who uses this body. You shall not kill your body and much less than others. Under no circumstances can not be justified no kill. There is no justification for any reason. Killing is against the law of the gods. There is no forgiveness. No cause is valid. From this you have to be convinced. You fight for what you want, but never use violence. Violence brings violence. If you want to change a country and the people you support, you can mount a party and become president.**

**If the majority wants it, so be it. But never do with violence. Although your ideas are good, you'll never get to hear you practicing violence and killing, that your ideas become reality. Try to convince people that your ideas are good and if you ride a party support. If the majority supports you, then you can make your ideas but remember well: under no circumstances must kill to get something. Far from it in God's name. All the people who used the murders to defend any cause, it will pay dearly. No one escapes. When you have the time to pay dearly bad luck with interest.**

**You have to understand that life is changing. We all have our moments of bad luck and good luck. No need to be sad, or get drunk and kill yourself ... do not need all this when you are going wrong. Everything is going to solve. When you understand that life is changing and we all get our good times and our bad times, then you will live quiet and you will not have any fear. Fear kills. Many people when asleep has nightmares sometimes cause death. While we sleep, we are not aware that what we dream but it is only a dream. We think we are dreaming is reality and so many people die of a heart attack because you think what you dream is reality. The unfulfilled desires and thoughts of revenge, cause nightmares. These negative thoughts can turn your dream into a horror movie.**

**In this life we are dreaming, but we know that we are dreaming. This body is born and dies, everything you have in this life when you die you'll have to leave everything, you will not take anything. Everything is a dream. So do not think that life is real, everything is pure dream. It's just a dream. If you understand this, you will take**

life so seriously and live happy, cheerful and happy. Do not do anything bad to anyone and meet your obligations, you will not have any fear and live quiet. As if you do not pay your taxes, sooner or later you have to pay with interest. That will be worse because you can end up with nothing. Taxes serve to hospitals and help the welfare of the people. We help each other. If you do it with your heart, your life will be perfect. Once you pay your taxes, the money you have left is clean for you, to live well. If fraud or act against the law, at any time you will discover and be worse because you are going to remove everything. Everything has its time. The more negative acts comets have more nightmares and fears. Do not leave the accounts. Help people and meet your obligations. So live well with health and good luck and do not be afraid of anything or anyone.

## **NIGHTMARES**

The dreams we have while we sleep. Many, many that people have nightmares while sleeping and does not rise, because it dies. Why when we sleep we can have a heart attack and die? Most des deadly attacks inflicted when sleep has its origin in a very big nightmare during sleep. So the dream is very dangerous for life. The problem is that we do not know when we dream we are dreaming, we believe we live in reality, we do not distinguish whether dream or real life. We turn the dream into reality. This is just a fantasy, but as we do not distinguish between reality and dream we believe that what we dream is what we are experiencing. For example if you dream someone attacks you with a knife, you really think is happening. The mind goes into a state of shock and the body dies.

As in the attack of 11 September in New York, many people jumped from the top of the empty buildings. These people, before reaching the ground died. In a few seconds if you think that in a few seconds you will hit the ground and you will be like porridge, before reaching the ground, mind and took your life, this is proven by doctors. The power of the mind is extraordinary. The power of thought for good and for bad. You have to realize that the body moves through the mind has power, has a soul and a conscience. A body is a body like ours and why not move? because it lacks the energy, the soul, the conscience. So this is the power of thought can save your life but it can also kill. It's like a coin has two sides. You have to control your mind and not let your mind control you. You must be able to distinguish reality. For that you must practice yoga and have your strong conscience and you control your mind. Inside you have two types of thoughts, two energies, one positive and one negative. Whatever you do, think: what do I do, I do not like, I do not want ... thinking about killing not killing, revenge or revenge .... 're always thinking two thoughts one positive and one negative. These two thoughts you try to control them through yoga, meditation and perform good deeds to the people to have positive thinking positive thinking because this will give you positive energy.

Most people have a very high negative thinking. When the negative is greater, that person is pure selfishness, do not think of others, think of others only to profit himself mercilessly and without principle. You should never take advantage of anyone for any

**reason. All the suffering you cause to others for personal gain just fatal. The law of Karma acts sooner or later and what you reap is what you reap, whether positive or negative. No one escapes. That you know. Watch TV, every day in the news out cases of people who have committed a crime and has been detained by police. Lots of cases every day. If you act against your principles, your conscience against the law and the law of God will not escape your punishment. First they affect your health and then you must pay your crime.**

**To avoid nightmares in your dreams, you must understand that this body is mine, not me. As my clothes, my car, my apartment ... are mine not me. You are your conscience, your soul. The body only uses the soul in this world. To not die early, you have to take life more relaxed and not take things so seriously. The longer you take to heart things, the more you will suffer. When you have bad luck is like night and when you have good luck is like day. After day what next? comes the night after the night comes the day. That's life, is changing. When you touch unlucky not blame anyone, do not be angry with anyone, waiting patiently for the good luck, the sun rises.**

**If you have problems in life and can not stand and you commit suicide, you will not solve anything and over complicate things. Do not change a thing and everything is complicated for the family, friends and people around you. Not only that under the law of the gods in the afterlife awaits much suffering, forcing you to commit suicide will be punished in the same way you did in this life, every 7 days for many years. The pain you feel when your soul leaves your body, it is very intense and can not be explained in words. This type of pain when the soul will leave the body ... that anxiety can not imagine. Think about it. Make things worse here in the afterlife.**

**Any problems do not panic, and will soon will solve your time good luck.**

**Everyone is responsible for their actions, if you solve problems and suicide attempts. It is not right you have to be responsible for your actions and only you can fix your stuff because everyone is responsible for his actions. When Good luck do not get happy because your good luck will not last forever. Life goes round and each one takes his turn. If you want your good luck will last a lifetime you need to do three things: first with that extra money helps people. Second advises people to do good and help others third. Do not expect anything in return, you have to help without expecting anything in return, with all your heart, and undercover without anyone knowing you're helping. So your conscience always be cheerful and positive energy accumulate.**

**Any type of sleep has a base. If there is no self, no sleep. Only the dream alive. Where do dreams come from? come from your desires unfulfilled. Anxiety, anger, your unhappiness or happiness ... all kinds of positive or negative desires cause your dreams. The more capricious and selfish be more dreams and nightmares have. The more you love your body will have nightmares. The more I more nightmares. The body is for a few years. When we are born we do**

**not bring anything, or 1 cent and when we die we get nothing.  
Everything you own is pure fantasy.**

**Is it worth fighting both for the things of this world? Think about it.**

**Thank you very much.**



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## *26.- PAST, PRESENT, FUTURE.*

**To live healthy and long life, with good future, good love, good family and live in a bed of roses, as God intended. Mainly you have to understand three things: 1. The past. Everyone has spent some time in his sad, unwanted sometime, sometime it goes wrong, that time when people hurt you, or hurt society, family or friends. This we must forget. If you hold a grudge in your mind, is like putting all sorts of junk in your house. You live inside, and when garbage rots you rot in the trash. This people do not understand. Yes, the people hurt. When people hurt you, you have the right to revenge, to hate. Sure. But as hold grudges and revenge, first you're hurting yourself, not your enemy, no. You hurt yourself. Because when you have this kind of negative thinking, the brain blocks from neck nerves that connect the spinal cord to the rest of the body. If always, continuously, 24 hours a day, all year, you have this negative thought with a grudge and every right, of course, this will affect your whole body ... It is proven by doctors that this does not suit us. And as we should, there is no choice but to forgive. We must forgive others, like ourselves forgive ourselves. Why do we forgive when we have done so much damage? for our sake. Not for the sake of that hurts us. If someone has to be punished, I assure you, the law of the universe says, each has his conscience and each punishes himself. God also punishes, no need to hold a grudge, you need not take the law into your account. His conscience will punish him, no need to bother. So you must forgive the past to have good present and better future. If you are full of hatred, revenge and negative thinking, you're not going to live well. You'll go crazy. Many people has this happened and is traumatized because he never forgets. As Buddha said: All things are by chance. There are two reasons why the people hurt you: The first is that, if in our past life did harm to that person, obviously that person has the right to retaliate.**

**If someone hurts us, it's like saldamos our debt with that person and you do not owe anything. It's as if you ask money from the bank. After obtaining credit, you must pay. What remedy. This is the first possibility.**

**Second, if you do not have anything and you get hurt, do not worry.**

**Cobrarás principal and interest in this life or the next life.**

**I guarantee you cobrarás, and high interest cobrarás. That I guarantee.**

**So do not worry. That person can escape today, but not escape tomorrow.**

**This is the law of the universe is the law of conscience.**

**Like it or not like it, believe it or not believe it, everyone is subject to this law.**

**Like the terrorists who do not believe in the law when conducting a terrorist act.**

**That terrorist, believe or disbelieve in the law, also convicted and goes to jail.**

**Life is the same. Many people say: "I do not believe in God, I believe in nothing" But anyone who makes a negative act, the law of the universe, the law of conscience will punish him.**

**There is NO exception. Right.**

**So people can never forget your bad past, live in poor health and living a few years. The only thing that can hurt you, is ourselves, not someone else. We hurt ourselves. So if you want to live well must forget the past.**

**You must forget the past.**

**If you can understand this, forget the past, you can live this very well and very quiet. In your present will not need to look back when you walk down the street and see if someone comes after you. You can walk very quiet, that's very important. People hurtful, always looking back. Like the mafia. They always have bodyguards protecting front and rear.**

**Why? because they know they are doing wrong, any time, any day someone might come after him. This is not life. Always looking everywhere.**

**Their houses are protected with all safety, why? because they know they are hurting people. These people can not live well. Consciousness always punished.**

**So in order to live well first you have to forget your past.**

**Another thing: if in a past life we did hurt someone and were victims rather than aggressors and did damage, then we have to do is ask for forgiveness, begging forgiveness, to those to whom we think we hurt and how offset that bad. Try asking again and again and show your repentance forgiveness anyway. You beg forgiveness. When your consciousness once shame really feel what you've done, you can now live in peace and live in good health and good future.**

**People like us, that hurts from selfishness or for any other reason, must beg forgiveness. Do not just go to church and ask God for**

**forgiveness. For if when you come back to hurt you, is that you are not truly repented of the evil you have done.**

**Repentance has to be inside your heart. Once we recognize our mistakes and beg forgiveness and we do not commit such acts more negative and selfish, then we're really sorry.**

**If you apologize today and tomorrow back to make those wrongs, you are circumventing the law of the gods. If you are truly repentant, you'll never negative acts. That is true repentance.**

**In order to live well in your present and be very relaxed you forget your past.**

**Every second that passes is present becomes the past. So you can not think about the present, and much less in the past.**

**The future is uncertain. What will come, whether good or bad, I do not know, so no need to worry about the future. If you must bring evil, worry or not worry just going to come.**

**If it has to come good, do not rejoice not get happy. Waiting, waiting ... do not worry if you have to come will come.**

**So, since we know that the future holds, do not worry, it will have to come. Any night when we go to sleep, do not know when we will die.**

**Each person has his last night. In the cemetery there are not only old, there are also many young people. Do not think "I'm going to live many years," nobody knows. Why I want you to take advantage every minute of your life to do good for others. These events are recorded in your consciousness and when you die the only thing we get to the afterlife are the acts are good or bad, the body breaks down and becomes a corpse.**

**If a person is full of negative acts logically go to hell. If a person is full of positive acts, the person has another there, another destiny beyond this solar system.**

**Beyond the solar system are 28 levels.**

**We can move up in accordance with our actions and thoughts.**

**Buddha said:**

**"If you want out of this cycle of reincarnation, birth and death, forget about the past, present and future."**

**The body is what we use to learn. Many people mistakenly think that the body is me.**

**The body is not me. If you understand this, you can be kind to your family, your partner, your friends, society, and the world. In order**

**to achieve this, you must forget all thoughts of Past, Present and Future.**

**The past only remember the positive moments to have a positive present. In the present have always thought positive and take positive action and then you have a positive future. There are many people on the Internet that says to have good future, just think positive.**

**That is not correct. Positive thinking is just a project. The important thing is to realize this project. When you do a project then you have to carry it out. If you only think and do not act, do not get anywhere.**

**So you have to know is:**

**1 Think positive acts.**

**2 Carry out the project with positive actions helping people.**

**What you think. There is only within a project, a dream and does not benefit anyone.**

**On the Internet I've seen pages with many visits to only talk about positive thinking but only thought is not enough, not going anywhere. It's like being in a dream.**

**Remember well, what counts are positive actions, which comes to fruition. If not done, then positive equals 0.**

**So, I wish all my friends in the world, the Internet, please let me case.**

**Thank you very much.**



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## *27. HAVE HEALTH WEALTH AND LOVE.*

**If you want health, wealth and love, what you do is recite a mantra: Amitufo, Amitufo, Amitufo .... You have to fill the thought of this mantra, at all times, always thinking Amitufo. If you get angry, think Amitufo to remove that negative thought. If you are sad also recite the mantra. When you have negative thoughts of revenge, think Amitufo.**

**The more you think, the more problems you will have.**

**So if you want good health, Amitufo recite every moment, wherever you are, working, walking ... that brings positive energy to all things. You'll be very happy, have long life with your partner. Any thought of selfishness, think Amitufo. If you think Amitufo jealousy is the only thing that can help you. No other way.**

**Just think Amitufo. If you want out of any crisis, thinks only Amitufo.**

**To think Amitufo relax and then when you are relaxed, think of a solution for your future. If you have business problems or have to make any important decisions, you have nerves relax because you can not think straight. To relax Amitufo need to recite the mantra. This is a technique I use myself. Any problem in life, I do yoga and mantra recited to relax and then when you are relaxed, I think the problem that concerns me and find myself the perfect solution to solve the problem.**

**So trust me, any business decision, health, love, first of all you need to relax, to relax need to think about mantra. Any person who has psychological problems, or becomes aggressive, or goes crazy ... it's because that person thinks too. To cure these diseases all you have to do is think and recite this mantra: Amitufo, Amitufo, Amitufo .... Just think of this mantra and gradually you will relax. You have to concentrate 24 hours, in this mantra. Do not think only of this mantra. Because this mantra Amitufo, Amitufo ... is like reciting the Lord's Prayer, is the name of Buddha. This Buddha, comes to help anyone who recites his name. But you have to recite with a pure heart, with love and with maximum concentration. Any person seeking his help, the will. This is a promise of God Amitufo. No kidding.**

**In the story, everyone who has asked for help from the Buddha, has helped.**

**I guarantee, you will go to heaven with Jesus or Buddha with anyone you like. But you have to recite all the love in your heart and without another thought, the only thought should be the mantra.**

**This can improve your quality of life, your mind, and live well.**

**So to have a good life, and feel happy and with a heart full of love. You have to think that everything you see, are good people. You can not differentiate you, me, him. So this mantra can help, there is nothing else you can help. Remember well. This mantra is the mantra of salvation. Try it. Any type of illness, any problem, if you can recite this mantra 24 hours, concentrated sure your life and your health will improve, because it activates your personal defenses.**

**Positive thinking is what helps you to health. No health depends on the drug. You just solved a moment, but then the disease negative thinking becomes increasingly out or becomes more severe. So the only thing that can help is this mantra, this mantra trust, it costs nothing for free. Just concentrate and you solved your life. Impressive. That has to realize.**

**The best advice I can give is to recite this mantra, is the only thing that can help you. Before reciting the mantra, you must have confidence. This mantra is recited for thousands of years, not now. Long ago, billions of years, this mantra there. And everyone who recites it has got long life with happiness and health. And after death will also find happiness. If you believe in heaven, you go to heaven if you believe nothing then you are reborn. Everything depends on our thinking. When we die all we carry is our thinking, our consciousness, everything else is left, our body rots. Everything dies unless our actions, our thoughts, our consciousness.**

**To go to heaven, just recite the mantra: Amitufo, Amitufo ... and nothing else.**

**Thank you very much.**



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## *28. THE MANTRA. HOW TO PRACTICE TO HAVE HEALTH, LONG LIFE AND BE FUTURE BUDDHA.*

### *MIRACLES OF MANTRA*

**The recitation of a mantra can help. There are many testimonies which have been cured through the recitation of a mantra. As Buddha says, if you recite a mantra 24 hours a day, I guarantee that you can heal. Buddha never lie, always tell the truth. Anyone with the recitation of a mantra, Buddha or Jesus Christ as you like better and if you get to think only of the mantra as a unique thought, sure you can heal any kind of mental or physical illness. The mantra will solve all kinds of problems. Everything depends on you, with the only thought on the mantra and without another thought. This insurance only thought that can help you overcome any psychological or physical problem.**

**The mantra is very, very, very important.**

**If you think 24 hours in the mantra and the mantra fills your mind at all times, at work, dreaming, wherever you are, I guarantee you the Buddha's name you fix all kinds of disease. Thank you very much.**

### **MIRACLES OF MANTRA**

**Mantra is to repeat the name of God according to the religion you are, if you're Catholic and you like to say Our Father or Jesus Christ or Santa Maria, repeat this name if you repeat Allah or Mohamed Muslim, if you are a Buddhist Amitufo ... all these gods names can help you a lot in your life**

**How do you help these mantras? well, you know that any thought can affect your mood affect your health. When there is any negative thoughts, quickly recites a mantra repeated endlessly for thinking this mantra fills your mind and will not fit any other thought. If your mind is busy with the name of God, can not enter any other thought in your brain, then all other thoughts have to wait to get into your head until it disappears. When it disappears, you can stop repeating that mantra. When you're down, do not stop repeating a mantra and that sadness disappear.**

**If you come an anxiety attack just think any name of God and this anxiety gradually disappear. By repeating these mantras over and over again, all your negative thoughts disappear.**

**Any kind of negative thinking as wanting to hurt someone or want revenge, disappears. If you want revenge after justice have problems, you will be thrown in jail and have all kinds of problems. To pass these moments of weakness and crisis when these thoughts arise quickly recited mantra of one of the gods, the one you want and do not stop repeating until you leave. Because if not, negative if any action you might go to jail and the family, friends, all broken. There are many people who talk to themselves and answers itself, comes to the mental hospital for life. All this comes from I. The stronger this I suffer most. The more you protect this Self, the more problems you will have. If you have the largest I have big problems, if you have the little I have small problems and if you have I do not have problems. The more I do, the desires are stronger and stronger desires when you can not meet them, you will suffer a lot. Everyone has to be happy with what you have now. Everyone wants wealth, but think that there are people much worse off than you, many more people! There are poor people who live very happy and there are millionaires who are not happy why because the poor know that what you have is what you get and do not order more because even ask, you know that what you have is what you have.**

**If you're happy with what you have, you will live happy and healthy. If you are unhappy with what you're going to suffer. The more unhappy you are, the more you will suffer. The more desires have more suffer. If you have a desire to suffer for one and if you suffer 100 100 and if you suffer 1,000,000 1,000,000 desires. So you know, the more desires suffer. Suffer or not suffer you will have good and bad thing in your life, that is. And needless to yourself beat yourself up. When you have a problem recites a mantra, do not stop repeating the name of God to fill your mind with this thought only, and negative thinking away and your head. There is no other solution. There is not. To protect yourself, all you can do is recite a mantra.**

**This is the only thing that can help you. When your mind pass any negative thoughts, either in words or acts, before you say anything or act quickly recites the mantra that you like it more. So this desire to hurt disappear from your mind. If you say or do any harm to people, that evil will come back. No one forgives. If you treat others like you yourself, the other will treat you well. If you mean to a person, that person will treat you badly. If you're good, and treat others with affection the other will return the same treatment. If you want to see in the mirror a positive face and cheerful, you have to reflect a positive and cheerful face. The mirror always returns the image of what is put forward. So if you want to have a happy life always reflects a positive image.**

**If you recite FUTURE WILL BE A BUDDHA MANTRA**

**In yoga, you must first start by reciting a mantra.**

**If you want to have good future you have to start reciting Mantra. If you want to be a millionaire, you have to start reciting Mantra.**

**If you want to be immortal, you have to start reciting Mantra. If you want to be free soul, you have to start reciting Mantra ..**

**What is a Mantra? Mantra for Buddhism is the name of Buddha, "Amitoufo, Amitoufo, Amitoufo ...." This is the Buddhist mantra. For Catholics Mantra can be repeated "our God and our Father, Our Father, Our Father ...." as you want.**

**This is a Mantra. In order to remove the 12,000,000 million thoughts per second that pass through our brains, first you have to make a clearance. To clean every negative thought, first begins reciting Mantra, while you work, while you sleep, while you walk, while you do things, your mind must always be in the Mantra: Our Father, our Father, our Father .... or if you prefer the name of Buddha can recite with 4 syllables "A-mi-tuo-fo A-mi-tuo-fo, Am-itu-fo ... or with 6 syllables" Na-mo A-mi-tuo-fo "... What you will like. If you always think about this.**

**And I guarantee you disappear all the nerves, all stress, all the sadness ... and all kinds of negative thinking. This removes all negative thinking affecting your health, safety, happiness, work. Everything bad, negative, positive becomes practicing Mantra. Because when you think negative negative ends. That says Buddha "every thought becomes reality"**

**When one thing is positive, if your thought is negative, becomes negative.**

**To not miss this, you always have to have positive thinking. And to have positive thinking must first be cleaned. With Mantra, you replace the 12 million thoughts per second passing through your mind, into one. Reciting Buddha or Jesus Christ.**

**And this helps you in your life and when you die you will be a god free and you travel around the world and be born on any planet. That is very important.**

**Therefore, I advise everyone to practice Mantra in thinking 24 hours a day, reciting Namu Amitufo or Amitufo or Our Father, Our Father ... Or you can recite Jesus or Mary. You should repeat the Mantra in thinking 24 hours to dream of the Mantra (or name of God).**

**So in your life will be all positive and can reach beyond the universe just reciting this mantra.**

**If you do it with all your heart, with all your energy, unconditionally 24 hours a day, you'll be in the future a god, you get to have the same category and level as Jesus Christ.**

**What does Jesus Christ? forget the little self and turns the small self in the great me. Because the small self is the body. And that body only lasts a few years only. At any time the air does not enter the body and that poor life ends. No matter if you are poor, rich, powerful .... we all die in an instant. So if you understand that this little self is pure fantasy. It's just a fantasy. It's not real. The only reality is our soul, our consciousness, that is the real me.**

**The only real thing is our mind, our consciousness, that is the real me.**

**It is forever with us, remains at infinity. When we leave this body, the soul seeks another body for birth. The soul is always the same. The soul does not die.**

**It depends on your actions, if negative, the soul is punished and going to hell and if your actions are positive up to heaven. Depends on the "I". He who speaks with you now, is my body, but within this there is a spirit body. The body will use to talk to you, but really the one speaking with you is my soul. If you have no soul to speak. Therefore, the body is what we use, but not "me". It's like a car, we use the car but the car is not us, we are not "me."**

**Do not try to hurt other people for your own benefit. At one point he can hurt others, but then we pay dearly. We all know that hell exists. Through hypnosis you can know that there's a heaven and hell, reincarnation exists. Everything is tested. If you do not believe, you can check this by a hypnosis session with any teacher and you'll see yourself back to the past. So you convince yourself that when you die is not the end, but it are reborn, back to start another new story. For good or for bad.**

**If you go outside the circle of birth and death (die-born, die-born, die-born), begins by reciting a mantra to clean up your negative thinking. When you're able to repeat that mantra in mind (no need to repeat it out loud), 24 hours a day, you're going to be God. Thanks to this, repeat the name of God, one day when we die God will come to take us with Him then we will be free. Anytime you can get down to this earth again and again, and be born again and again. You will be free and immortal. The lord of death, you can not do anything with us. So if you want to be free first think of Mantra: Jesus Christ, our Father, Amitufo Namu, Namu Amitufo, whatever you prefer. The territory of the gods is one, is the same for all religions.**

**When you reach the end of your journey, you will come to the same place as everyone else. No different places, all paths lift to Rome, to the same place. Believe in Buddha or Jesus Christ, get to the same place. All religions lead to the same place, no two different places, just UNOY is equal for all. Therefore I say, if we have bad thoughts, our future will be bright, like a bed of roses. With positive thinking, you can fulfill all your desires. But to fulfill your desires, you start reciting a mantra to clean the negative thought, any thought of revenge, hatred, rancor.**

**How to clean? reciting a mantra and take all your thought with that Mantra for negative thoughts to enter your mind. Because if your mind is occupied with negative thoughts, you affect health, can drive you crazy, you have nerves, have attacks of all kinds, can have a negative future, negative relationships with your partner, with your family .... Therefore every way to reach happiness, start practicing Mantra and so clean your thinking. When you are able to think 24 hours a day at Mantra, think, think, think Amitufo or our Father, you can clean your thinking.**

**It is a straightforward and very easy way to reach happiness, what we all seek. Only practice this mantra can reach a happy ending. There is no other way.**

**The desire to become immortal is within ourselves. No need to go find out what's inside. All Lessons, whatever they say, is within ourselves. Take it from me. Do not look outside. Do not let anyone convince you, saying that you can save, which is a savior. Only you can do it, anyone can do it for you.**

## **HOW TO HAVE HEALTH MANTRA PRACTICE AND GET TO PARADISE**

**"Na mo tuo fo My, My tuo Na mo fo"**

**Guanyn mantra teaches us how to practice in paradise. I used to have taught you how to practice mantra, today I'll teach you how Guanyn Bodhisattva says that must be practiced mantra.**

**You can practice in groups, two people or by yourself / a. In the case of a group practice or two single people, a part begins reciting "my tuo na mo fo, mo na my tuo fo" twice slowly and clearly while the other group listens when it ends recite those listening "my tuo na mo fo, mo na my tuo fo" and recited listen and so on. If you play alone, recite aloud 2 times "my tuo na mo fo" and twice with thought and so on. 2 times out loud and thinking twice. How many times you have to practice this mantra? According Guanyn Bodhisattva should practice two hours a day over 4 half-hour sessions.**

**If you are not accustomed can start reciting twice, half an hour in the morning and half an hour at night. The more time devote better. If anyone has problems of stress, nervousness, anxiety, headache or any kind of illness, focus on the place where you have the problem or illness and recites mantra, mantra because through heals and most importantly is that it has side effects. It depends on your concentration. You can not have any good or bad thoughts to concentrate your voice where you have problems. It is also important to meditation. No matter what position you do, the important thing is to feel comfortable. For example if you are sick in bed and can not get up, you can take to practice mantra, you say**

**"my tuo na mo fo" slow and quiet. Because God says who asks for help he comes to help. So if you recite your name with concentration, he comes to help. Try it.**

**Practice and you'll see.**

**You must recite mantra meditation doing the two things at once: my tuo na mo na mo fo my tuo fo ... loudly and then from the thought. To remove from your mind any kind of nerves or negative thought, you should concentrate on reciting this mantra and you'll see how the nerves are going, in a few minutes you will nerves and stress. If you ignore these negative emotions, these emotions are going, the more if they do have more nerves and stress. The less if they do these feelings, the faster it will go. Stress, nervousness, anger, feelings of sadness ... this will directly affect your health. You can see any doctor, if you can not get out of your head those negative thoughts have pain every day, first in one place, then another, the next day in another part of your body ... and if you visit the doctor every day for a different pain ended up not going to solve anything ever. If your head does not stop to think, you're never going to be fine. If your mind is not to produce negative thoughts, your body will not have health because they do not stop sending negative feelings and your body will get sick. If you want health, you have to control the negative thoughts from your mind, and if you can not control it, you're not going to be healthy and you have to go to the doctor very often. If you can not self heal you need God to help you, so you should recite this mantra.**

**As you can not control your thoughts, you have no health, and at night you have nightmares and can not sleep, do not feel like eating ... and at the end you rely on pills to sleep and rest. But the pills are fatal drugs and that goes for your body, because every time you need more doses and affect your health because all pills have side effects. Ask any doctor. So I say, try this mantra through negative thoughts away and cure your diseases because that mantra has no side effects as the pills. The pills will cure one thing but you spoil other and then the whole body starts to have problems. I had a friend that the doctor prescribed a pill and now his house looks like a pharmacy. That is bad for the body. Chemistry The more you take, your body will feel worse.**

**Try to do as I do. I have been practicing for 40 years, and over these years if I have any health problems, through yoga-meditation I've healed.**

**With Yoga, meditation and chanting mantra I focus on where I have problems and I order that my brain to heal that site. This is called self-healing, with God's help I assure you heal. No matter if it is**

**cancer, if it is a cyst or disease. To cure any health problem, you must first trust yourself, second you have to trust you recite the mantra, and in God. Third you have to trust 100% that these two things you will heal 100%. If you're not 100% convinced and have no doubt that this is possible, it does not work. You have to trust 100%. Remember well, it all depends on your mind. The power of the mind is very powerful.**

**We use only 3% of our mind, useful thoughts, the remaining 97% think nonsense, bullshit and fantasies that are useless. As computer waste programs. Only use 3% of useful programs, the rest is garbage. So you know if you have health problems, no matter what, you have to trust yourself and trust the mantra that can heal and then you focus on the place where you have the problem and recite the mantra with 100% conviction. You can not have doubts. If you do this I promise that you will heal. This is what I Guayn Bodhisattva has taught me and I will teach you. I trust Guayn Bodhisattva and over 40 years I have solved all my health problems this way. So you know, all the origin of evil is in your brain and I have taught you how to cure your ills yourself the origin of evil.**

**Test and practice, you'll see that all your ills will soon disappear and you will feel full of health and energy. Trust God Guayn as I have done and all you'll be fine. If you listen to me I guarantee you're not going to have health problems never recite mantra 2 hours a day in sessions 1/2 hour and you're going to be healthy and positive energy. So you can enjoy healthy life. Because health is the most important thing in life, if you do not have your health you have nothing. Now you can be a millionaire and have a perfect and happy family, if you have health you can not enjoy life.**

**Always think positive, never think negative. Although bad things will come, you always think positive and watch everything around you change to positive. Do not take away others throw you up and keep inside you. If someone says bad words and criticizes you, do not think you and I are saying to you, think "poor this is crazy", do not accept the negative things coming your others. If you agree and you swallow everything negative that others throw you then you will get sick.**

**If the other sends you junk, sends you shit .. Do you go to swallow? no. If you swallow, the other has achieved its goal, to hurt you. So do not swallow anything negative about anyone because then you will always be sick and have to go to the hospital every few minutes. That's what you want the person who throws away over**

**you sick. So do not swallow anything. When people say stupid crap and quickly recites mantra "my tuo na mo fo, mo na my tuo fo" slow, smooth and clear, "my tuo na mo fo, mo na my tuo fo". Do not return with bad words and with a vengeance. Just recite the mantra I teach and try to advise others to do the same. If someone ignores you, then keep a safe distance so that person will not do more damage.**

**Hope you quote me and you should follow my advice.**

**Thank you very much.**



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## 29. - LOVE

### **What is Love?**

**True Love is Pure Love positive. Love is not negative. Love What is positive? Is offering, do not ask, do not require, that your soul is Love your thinking to another person without condition. No requirement of any kind. This is pure love. If a love set conditions or any claim is pure love Love is not possession.**

**As a mother loves her child, that unconditional love is pure love. Day and night care the baby. At night always watches but is tired and asks nothing and demands nothing, that is Love**

**People make mistakes with Love For example in Spain to date September 23, 2010 have killed 50 women. It always does the same phrase: "If not for me, it will not for anyone" This is what he always says the man. Man commits a big mistake. is owned or slave of anyone. Man has no right to play with it: if you want to pick up, if you want left. Man and woman do not have the same soul. The soul is like a power. If the light is red, the light goes red. If the light is white, the light is also white.**

**This means that if in this life has been a man in the past life has certainly born a woman or animal. Nazca male or female, there is no difference one superior. The soul is the same. They have the same soul. If the soul is the same for everyone no one is superior to anyone. Not a king is superior to a beggar. If born as a prince, is that in the past life did the right thing in this life and now enjoy these merits. If born beggar is that in the past life did wrong and that in this life you can not enjoy.**

**Conclusion: When two people argue, who is right? both are to blame because everyone wants to get their way. Everyone wants to have their reason. When two people are truly love. If people look to their interests, have a conflict of interest.**

**Everyone says that marries for love no mistake. The love of possession, selfish, not love. If you say "you" are mine, then it's you I've owned and I've owned. going well. In this case you will always have problems, conflicts in the two parts. What you should do is to unite two souls into one. If the two are the same person, you're not going to argue with yourself. Impossible. If you put something in your hand and move your hand, not sound. both if they sound.**

**So when planting a tree with all its own, you must take care of both. Because if you have care and other abuse, the tree does not grow. If you say it's just me, the thing is deflected to negative. So remember well, Love can not demand. If you demand this love is negative, possession, there is nothing to do with true love. For example, as Jesus**

**Christ dying for people for pure Love of neighbor. Knowing who come looking to kill, sure runs, nobody is so dumb! But Jesus does not come running to love our neighbor. Pure Love positive.**

**What is positive? Love is not unlike the I-You-He. If there is no love in the family the family is broken, if no society love hurts society, if there is no love between countries then comes the war. If the planet is not no love in the universe, can contaminate the universe and in the future may lead to wars between planets. Everything needs love. If no natural disasters we love, families, personal disasters. All evil will be negative.**

**While you since love to all you meet, everyone you love back Guaranteed! person gives love to everyone, spread the love to all and everyone will become Love is like being in front of a mirror. If you smile, the mirror smiles, Guaranteed! The mirror is like the other person. So if you want happiness, luck, long life .... all you have to do is divide Love If you love the other women you love If you give back the other makes you hate hate. Sure!**

**not stop hitting and biting the other, the other will not back a smile. If you want the one you want, first you love another. Know or do not know.**

**So you can have a happy place, a happy society, a happy state, a happy world ... Not everyone in your thinking. A Love is pure when in this love there is "I". If I no conflict of interest. Thank you very much.**

**If you give love throughout the world, you are everywhere and everyone loves you. Everybody loves you. As we want to Jesus and Mary. A Buddha. They give their love life and people. And we always remember them. They are saints, given his love for all people, not hatred. Although Jesus was killed innocently, still loves. You have no hate or want revenge. Nothing. So man and woman should forget the self to join two into one and live very happy. Remember well. Woman is not man's property is owned nor man of woman. Both a. Both are owners. If you like going to live very happy. Any discussion you have is because of selfishness, guilt of "I": I want, I think ...**

**When you love with your heart, do not think of the "I". If "I" I love you, and you will have problems, because you have to differentiate between I-You-He. It's no "I" lover. Try joining two souls in one. If there is only one, do not require anything to each other. No discussion. Like a tree. A single tree has no conflicts. If two trees and there are differences, one grows taller, another grows lowest in more flowers come in another depart fewer flowers ... You start to have differences. For this we must add two to one. Before thinking about you thinking about the other. From your partner, your family, your friends, society, the state. Always think first of them. If you think of them first, you will not have conflict. Acuérdale well. If you think "I" want that, I think that, for me like that .... If the other does not do what I say, you're mad this is because of me.**

**If you want to live happily please listen to me: Before you do anything think about your partner first. Do not think of you first. If you think first, you are selfish, negative. That will never work. Everyone has a dream: to live happily ever after with your partner, with the family, society, state, with country ... So should not think of "I" so that negative start, problems with the other. Remember well all the origin of the problems is in the "I". There is nothing else. Trust me, all always think the other party first. Do not you, because the more you have the "I", your life will be more negative and have more problems. If you**

want to live very well and happy, have long life with love and health have to do the "I" is increasingly smaller until it disappears.

If you do this you can get all the best for your life and all your positive desires will be fulfilled. Everything negative in the long run you will pay dearly with interest. People make mistakes thinking "looks like fooling people sack benefits." , All roads are cut and then you will be much poorer than before. negative: this is the "I" selfish. If you keep this up you'll be alone. As front of a mirror if you put negative side, the face in the mirror will also be negative. Will not positive. So if you want good life, be right with your partner or with the family, along with your neighbors, along with society ... helps everyone. Because we are one.

## **MOTHER'S LOVE**

**What is mother's love?**

When a woman is pregnant, it is very important that during the time of pregnancy does not think of anything negative. If you think this thought negative will negatively affect your future child. This means: if you want your child to be a good person when you're pregnant you should read books on good advice and good deeds. So you're teaching your future child to be a good person. If your son is a good person in the future, your family and your other children will have good future. If you when you're pregnant, always think selfishly, you have nerves, you are sad or have any type of negative emotions, your child when born will be sad, negative and in the future will be bad person. That very carefully because you teach your child from pregnancy. So when you're pregnant you should not smoke, because when you smoke nicotine also affects your child. When you drink it is the same, the alcohol enters the blood of your future child. If you take alcohol when very possibly will be greater if you smoke alcoholic and quite possibly your son is smoking. So look carefully.

If you're a good mother has to do all you can for your future child to be born healthy in mind and body. Mother love is the world's largest. For your son must do everything in positive thinking. For example if you want your child to be a musician, listening to music all day and so your child trasmites all that emotion in music. If you want to be a doctor, you should read all books on the subject. This is scientifically proven. People thought "Oh this baby does not know anything, unborn and knows nothing. He is wrong. He knows everything you transmit it, what you eat, what you drink, All. That has to realize any expectant mother. Try to control all negative emotions to have a healthy child. That's first.

Second when your child is born, do not think: Oh that just born baby knows nothing! not speak, do not know languages, and begins before baby to do negative things you will learn everything you see and hear. The baby is like a blank paper, depends on how you write on that blank paper he recorded. Baby listen, if you scream, yell and scream .. baby does not know whether it is good or bad and learn and when you will adore more screaming. Everything you say or do in front of baby, the baby records everything. It's like a video, records everything good and bad.

This is why many people are mistaken thinking that the baby does not know anything, but I say that the baby knows everything, everything that lives in his childhood will be marked in the course of his life, his future. If you do not respect your father or your mother your child

sees, listens and learns and then when he is older will respect you either. By learning all about you. So if you want your child to respect you, pamper you, take care of you, you must do the same with your parents. Before your son should respect your mother, your father, your family, your husband. So your child will learn from you and when you're old, your child will do what it has seen that you've done with your parents, family and husband. Your child learns to 100% of what you do. That you have to realize. Baby understands everything. If you smile in front of a newborn baby, the baby will respond with a smile.

If a person gets very angry face, baby begins to mourn. If you try it, stand in front of a baby and make these two faces to see how he reacts. So I say baby can not speak, but that does not mean that he knows nothing. The baby is learning everything good and everything bad. All that is put forward. Watch out!

So if you want a happy family and have wonderful children, good family with good to you with society, you have to show from pregnancy, from birth and from childhood.

If you do not educate your child well, as we see every day many murderers and terrorists who kill people. Why is that people turn to kill? because since childhood, the parent will convey negative. The baby has grown up in a negative environment and vindictive. Everyone thinks of me, me, me and not think about others. In that case it will be well with you or your family. Also do not go well with society. If you educate your child properly, not only will affect you also to society and the world. So please, it's very important, not just about your son. Your child depends on education, can be a saint or a devil. It depends on you as a mother. So as a parent you have a very important mission. Educating well to have a good son for you and a benefit to society. So listen well: not to transmit thought directly or indirectly negative. It's not just you, it also affects the society, state and world.

In many countries, girls are brought up saying that man is a god, he has to obey him in everything, and the girl from small swallows that story, it's not fair or realistic. When I grow does that teach a child. In Europe, freedom and equality taught. A girl will not think that nonsense that man is a god and that he must obey at all. The man can marry women and women only want a man .. So educación. Delante depends law of the gods man and woman are equal, there is none higher. You can crush the weak. Obviously the woman is weaker than man. But that is weaker does not mean inferior. It is lesser. Everything depends on education, from pregnancy, from birth until it grows.

Please if you are not prepared positively, expect, when one day positively're ready to have children, not a critical situation, with problems of family life that affect your child. So the most important thing is to educate your child to be a good person. Always think for others, that's a good son to you and a good citizen to society. You're educating a saint or a devil or a terrorist, all up to you.

At school only taught to be ready, do not teach how to be a good person. Remember well that your future child is good or evil is in your hands. So the mission of the mother is very important. You should know the importance of this. Never try to abort it is to kill your son, your future child. The tiger, lion ... are carnivorous and eat all kinds of animals but will not eat their children, never kill their children. We humans, smarter, so good-hearted ... and kill our children? That has very serious consequences, mental and physical. After 2 or 3 abortions can not have more children. When you're older, have a happy family

**and want to have children, you can not. Do not listen to people who are in favor of abortion. You're going to suffer the consequences not someone else, you're going to have psychological problems, physical problems in your womb, problems in your consciousness ... so do not listen the other is not going to happen will not suffer the consequences as you. Trust me it is very important for you as a mother. Mother love is the greatest love the world. And if you really want your future child as you teach from pregnancy. So you must remove all your vices, of acts of thinking, smoking, drinking, nerves, sadness, anger ... all these negative acts must remove them. If you want your child to be a good child in the future you will do as I say and have a wonderful son. No matter whether you are rich or poor. Even if you are a millionaire if you educate your child well in a few days you will spend your funds, your money and the whole family will fall into poverty. You shall remember my words. Thank you very much.**

## **LOVE YOUR INTERIOR**

**Love yourself. First you have to love yourself.**

**What do you mean? If you really love yourself you you have to do first is to put the "I" until there is little that "I". If this self is small you can do anything for the good of others. If you only think of others, of course everyone wants to be your friend all adore, any occasion good, they think of you first because you're a good man, a good citizen. To be good before all you have to think of others first. As you think of others first, and not think about their own interests everybody loves you: who would not like to be your friend? because you are amazing loving caring person with a heart of gold. Everyone loves you, your life will be wonderful. You will have every opportunity in this world, everyone wants to help, everybody loves you. To achieve this, every time I have to be smaller to become 0. If t able to turn that self in 0 t you become a god in this world. T will be the most welcome person on this planet. Just as Jesus Christ. In Christ there is no "I" Jesus died for people. If Jesus had had a little "me", knowing the day and time that the Romans came looking to kill him, would have run. And not run. That means that Jesus Christ only thinks of others, just think of the interests of others. He died for us. That means that Jesus Christ comes to reducing the "I" to 0.**

**Therefore it is able to do that. If we knew the day and time that come to kill, sure we'll run. That is guaranteed. This is the difference between human and human to me without me. This is the only difference. Like I J reaches 0 and become god. If Jesus Christ does, we as children of God we can do it. Just depends on if you want or do not want to. We can become a god the question is whether you want to or not. If you do not want to leave this myself, one day the lord of death will force you to die like this I do not want to let you become a soul from hell. If you leave the self, you will become the happiest person in the world and when you die you're going to become a god. If you engage in this world that I will be selfish, taking advantage of people, poor person, nobody is going to want, they close all the doors, all the roads are blocked, have poor health, bad luck .... The bigger the more problems I'll have in this life and after death. You'll be a demon, you're going to hell and nothing is going to work out. So if you love yourself you must do for yourself. And do well for you to say that instead of being selfish and think about your interests have to give love to people. It's the opposite of what people think. Know or do not know the**

people, you have to try the same because they are all children of God, we are all in the same category. You can not make differences between rich, poor, noble, beggar, handsome / a, ugly / a ... before our God we all have the same category, the same level. No one is superior to another: we are all the same. Remember well: before God, a beggar or a king are in the same category, have the same soul. The only difference is that kings, princes and millionaires in their past lives do right by people. So in this life can enjoy. A beggar in his past life was a very selfish person in this life that has nothing. Differ only by this. His soul is in the same category.

So everyone can become holy, the question is whether you want or not want.

**What is inside?**

Your interior is filled with millions of cells. All these cells are our body. As for men women. People make mistakes: big mistake. If one just wants to kill sick and kill: this is where people go wrong. The cells are part of oneself. If you want to kill something of yourself, you're wrong because these cells before becoming ill were good cells. Why one day become malignant cells in diseased cells, cancer cells or other disease? Why? I tell you why: the cells receive information from our brain. If your brain thinks logically negative negative information reaches your cells. What is negative? Negative are lots of things: sadness, revenge, take advantage of people for their own benefit, to hurt people. Anything to take advantage of others. This is called negative thinking. With this kind of thinking, the first bill that will pay you. Because with this thinking, the cells think what you think: if you think your cells think negative negative.

And your cells become negative. First you are going to attack yourself and inside you'll logically global war: good or bad everything is killed and you will pay with your health. All negative thinking affects you and these cells become negative. In order to stop any type of disease you have to change the thinking. Got to love: loving your cells, your cells give love if they learn to love themselves and if they love themselves will also love you and do not get sick. So remember well: before cells were negative. Why now are negative? Because you have become negative cells with your thinking. Because if you teach them they learn negative negative: you learn your cells.

To cure any disease, doctors will help 30%, the remaining 70% you have to put your positive thinking. It depends on you, if a patient does not want to live, not even God can save.

The thought gives order to the whole body and all the body automatically stops. If you give order to the agency that has to live, you hope. But you have to love your inner these diseased cells to heal.

Try to teach your cells become holy in cells good cells. So you help your cells rather than nag and hurt you. So love your bad cells to cure and have good health. If you give lots of love to your cells, they love you back. If you want beauty, the cells give beauty and youth. Your cells obey you. But everything depends on you. The cells act not only receive orders with critical thought, no. They do not think just take orders.

Many things can change your cell, but first and most important is your mind.

Second is the food. Remember well: you should not eat preservatives. All chemicals should not eat, you must eat naturally without chemical products.

**If you keep eating chemical, pills, medicines, preservatives .... How can they be good cells? Try to consume natural medicine and chemical medicine takes less. Everyone knows that drugs heal you and you spoil something else.**

**That is very important.**

**Third breath: should be long, thin and soft, to the navel. Cells require oxygen. If you just breathe into the lung breathing is very short. You have to breathe to the navel, with long breath. Your blood needs oxygen, learn to breathe fine, slow, soft and long. You have to accustom your body to breathe 24 hours as well. So your cells will thank you and you will have good health.**

**So if you love your inner love your cell first, if you love your cells return you love them. So bad cells become good.**

**When you get inside you love, you must love your outside to connect that love with others. If you love others, to your family, your friends ... love a society, t country and the world and this earth will be a paradise.**

**First you have to love yourself as there's love inside you then you should pass that love by loving others outside.**

**Thank you very much.**



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### *30. - I. KNOW DIFFERENCE. I, YOU, HE*

People always think I, think again. This I, we made bad life. Everything that starts with I, is wrong: the world, personal relationships. That I did not is the true Self. That I, is the product of the union of a sperm and an egg is a self of flesh. This I, born and dies. When we are born we bring nothing, nor wealth, nor anything we see or touch. When we die, we do not get anything. People who think and fight only for this I, reaches the end of life and everything becomes nothing and nothing is 0. If 0, we are doing this myself fighting for fantasy, for this I false. How long do we live? do not know. Every night when we go to sleep, disconnect from the world, that is called little death. When you sleep, it's like you're dead. We do not know if we're going to raise the next day. What will be our last night? do not know. If you want to live well, you need to decrease this I, because the larger the I, the more problems we have. If that self is small, we will have less problems. The larger this I mean that we are more selfish. The more selfish, more difficult is the coexistence with the world. Who wants a friend or family selfish? You will not fit in with anyone, not with your family or with your friends, or to society, or the state. Selfishness leads leads us astray, leads to bad living. If this is tiny I always think of others. So you love all living beings; your family, your friends and the whole society. If you love others as you love yourself, everyone will want to be by your side and help you. If you treat a person like you yourself, if you love to love others, others logically you will love. It's like being in front of a mirror. If you look lovingly into the mirror, the image reflected in the mirror love you back. If you look selfishly toward the mirror, the mirror will also reflect selfishness. Love returns love. Selfishness and egotism returns things will never work out. If you want things to go well, be happy, have a good future and a life full of positive things, all you have to do is think of others. I think not. The more you think of yourself, your life will be more difficult if you are selfish, everyone will hate you, and can not have friends. Nobody will want a person who only thinks about his ego. So first always thinks of others and everyone will want to be with you and help you. Sure. If you do not stop picking on others who will want to approach you? If you shake hands with others, you are positive, give joy, smiling with a heart full of love, I guarantee that everyone will be returned in kind. If you give love, everybody love you back. If you want to give meaning to your life, have wealth of truth and a wonderful life, you know, everything depends on you, what you give. If you want the environment around you is positive, first you have to be positive with others.

If you want a paradise here, first you have to have a heart full of love. Then, around you, your people, your environment, you will all be angels saints with thee. First you have to be an angel, a saint and everything around you will become an angel for you. So you can live a happy and full life you can fulfill all your desires. Most of

people do not care for others. They step over anyone for their own benefit. You can override the other once, like people do not know you, will be left to tread. But if you try a second time, no one will let you get back to take advantage of them and nobody is going to want his side .. Your life will become hell, everyone will hate you, want to nag and take his revenge, because you will have taken advantage of them. Then your future will be hell. So if you want to live well, first you have to have a heart full of love loves all living things. Because if you give love, everyone you love and your life will return will be a fantastic paradise: if you want money, you have money because everyone will help and will give everyone a chance. Anything good, first I will offer it to you because you are kinder than others. Conversely, if you always think of yourself and do not care about others, no one will want and all you are going to annoy. In that case you do not get anywhere, will not get far. So when we say: I see: when you see something, you're going to differentiate whether you like or not like. I love, when you say I love you, I love differences and I do not love. I think: I think good or bad. Always think and speak in me first and you're making a big mistake, because I think that I see, I want, I want, you're being a big selfish. If you think you first, others are second to you. But you're wrong, first are the others. We can live well, depends on the environment and people. If the environment is positive, positive people and you live full of happiness, love and your life is a paradise. So never blame others. The blame for our stuff ourselves. If we take advantage of others for our own benefit, at the end we will pay dearly. If you let someone else will take a bit of you, that person will always be a favor and be nice to you. If you take advantage of someone if only a little, the other will think badly of you and will not want anything with you. So what I say and people do not understand, I have the biggest, is a disgrace to your life, your health. The bigger the ego, the more misfortunes have. If you have that I smaller, you'll be happier and fulfill all your desires. Would you be happy? Do you want to fulfill all your desires? Do you want to have a happy family, friends, family, work, wealth, beauty ....? It all depends on your thinking. What you want to change, change according to your thinking. If you want your environment is like hell, change as hell. Right.

People say: this body is mine. Wrong, this body is not ours. We use this body. The body is a gift from our parents, not yours. Only you use. The body is like a car, the car is yours but not you. You do not do evil deeds for false benefits for that body. At the end, when we die, we get nothing, then why are we fighting? What for? is useless, properties, money, family. When we die it's all over: when you die you can not take your kids, or your wife or your property, or wealth of any kind. No one can die for you. Anyone can enjoy yourself. So everything depends on you. - If you want to experience an atmosphere of happiness and have it all right, all you have to do is to love all living things and not see any other default, because nobody is perfect. If we are not perfect, we can not point the finger at anyone because we all have our faults like everyone else. If you're a good person, try not to see the faults of others. It's like if someone says "you have a black spot on the face" and the other replies: "And you do, you have all the black, covered in dirt". We always see the mistakes of others, we never see our own mistakes. Therefore, before pointing the finger at another, first appoint thee

thymself. If you have errors, you can not even have the right to point the finger at anyone. Everyone makes mistakes, you have to forgive. If you are not able to forgive anyone, others are not going to forgive. We always make mistakes, so try not to be so stubborn and say I love you so and it will. What for? How many years will you live? Try to live well, quietly, without hurting anyone. You can not live well above the pain of others. So you can not live well, sooner or later you will pay dearly. If you throw a ball hard against the wall, the ball makes you stronger. The stronger the stronger sets you back. You always come back with the same force: good or bad. If you want to have good health, you can have it thanks to thought. For from the head, signals are sent through the body via the spine and each vertebra has a transmitting nerves throughout the body that thought. If your thinking is negative, it affects your body, your health negatively. Neither the doctor will be cured. If you only have negative thinking, this happens to the body, is blocked and you will always have health problems. For your body to function properly, the brain has to send positive messages, positive thinking. So if you have positive thoughts your health and your life will be positive too. If you are positive with your family, your family will be good to you. Everything will be positive. If you are not, all will be negative and then you will go wrong, because your negative thoughts. There is no other culprit that yourself. The fault is ours. So everything good or bad, we provoke ourselves. Do not try to point the finger at anyone because there is another culprit that yourself. That's ME. If you want to live well, forget the love I and distributes worldwide. Then when you die, you'll be an angel, because angels loa have a big heart full of love. Thank you very much.

The problem we have before being free is that we know a difference. Earlier we talked about the first problem, and now we will talk about the second. What difference does it mean? "I, you, he, they begin to differentiate, but we are mistaken, because" I, you and any other "does not exist because we are all one." I, you, he "did not exist.

We are like a drop. When a wave comes, a fall can jump from the water, but return to the sea. When water breaks this fall, think of "I", but not real, because once the water returns, we are all one. We are all one. We and the other are one, and the universe are one. If you have damage to other people who are hurting yourself. ME, ME, ME.

## **KNOW DIFFERENCE**

The difference between us is a Saint and a Saint only do and think about others and we only act for our own benefit, for ourselves. We do not do anything for anyone. If we did the same as God, Jesus Christ or Buddha, we would be gods like them. Just leave this "I".

If you leave this myself "I want this, I want the other, I want ....." Always thinking of you. If you could think only of others, in an instant you would become Buddha or Jesus Christ. It depends on our thinking one thought, that simple.

**In the past, all the gods can die and resurrect. If ever we can stop this "I", we instantly we would become a saint, an angel, or a god, and we would be free from birth and death. We could come here or go to another planet.**

**In this world life expectancy is about 100 years. According to the scriptures of Buddha, on other planets life expectancy is from 1,000 to 1,000,000 years or more.**

**These planets are so many desires, not so many quirks are not as selfish as we are. So if we can think like God, we shall be gods, we are gods.**

**Our spirit comes from beyond, not from this planet earth. Buddha says the afterlife has 3,000 large universes and our universe is one of those 3,000 universes. Jesus, Buddha, living beyond our solar system. If we want to be free we must learn to leave this I, like Jesus or Buddha. then we will be totally free. Not like here, every day fighting for anything and then not take anything. Anytime we're going to die, then why are we fighting?. Jesus was poor, Buddha was poor, they did not need anything. Just understand that you must leave this "I". If you leave this "I", if we stopped to think only of ourselves, to our advantage, if we stopped being selfish, no one would commit any crime on this earth or on other planets. The origin of evil begins with selfishness, begins with "I". If everyone stopped thinking of himself, no one would commit any crime and this earth would be a paradise. Our mission here on earth is to help others, do not come to a holiday. Here we had more bad than good. This is not a paradise So entendierais want all that to be like Buddha or Jesus, just leave this "I". And nothing else, that simple. And when you die your soul will be free.**

#### **IF YOU LEAVE "I" WILL BE A GOD**

**Hello. Leave all desire to have every wish. In life if you want to have everything, you must first stop all desires. This does not seem very logical but it is. In life you must not disappoint by any desire has not been fulfilled. When disappointment, by a desire you are able to do anything bad to others to get it. The consequences are very serious, it's like "bread for today and hunger for tomorrow". So you must leave all desire to relax and seriousness to act properly. Many people to fulfill their desires of wealth makes any type of crime. Any day the law works and takes away all and go to jail.**

**There are negative and positive desires desires. Do not try to have desires for things of others. Just as Jesus Christ who left everything and everyone remembers him because he gave everything for others. Or as Buddha, which ceased to be Prince, left his power, all kinds of wealth, comfort ...**

**The more you seek this kind of wealth ... how many years can take this wealth? ? 20 or 30, 40 or 50 years? and then when we die, we're going to do with all this wealth, we get nothing. If you only do for me, my, my .... in the end you're left with nothing. Above do much harm to the people to enrich ... After your death you will suffer the consequences of the law of the gods and these**

consequences will last a million years, and every day you go butchering, beating ...

As in the video "Voices from Hell" >> see video, which explains how a Russian scientist discovers a depth of 14.4 km. underground, the voices of hell and records.

I say that hell exists, if not go to visit any hypnosis master shall certify that we have a past life. If there past life, there's a heaven, hell, punishment ... all there. Not only do the Buddhists say, even Catholics and other religions.

Believe all the evil it does is recorded in the consciousness of our soul. Do not think that no one sees or hears you.

And "I do what I want." Yes, there is someone who sees it is yourself and yourself, your conscience will not forgive. So many people hurt, at night you can not sleep, have nightmares, fear of everything because his conscience is punishing. He is living in hell. That I have to know.

Do not think that no one knows, no one has seen, the problem is yourself. The problem is not that you punish another, the problem is that you punish yourself. If you want to have good future you have to stop every need, whether a desire passes a limit, the human being is able to do anything.

The desire for revenge is negative. Any thought or act in any way can harm people, living things, nature .... we are all one. As now we have destroyed nature, and we have many natural disasters, earthquakes, typhoons, etc .... So you should know that we and nature are one. If you want to live well must respect nature as myself.

The universe, nature, all people and all living beings is one, not both. We are like a drop of water in the sea. When water hits the rock and jump out of the sea becomes gout, but when he returns to sea becomes sea again, in one. So in order to live well, we must care for one another. We are a soul of infinite billion souls coming of the universe. If you can understand this, we can return to the universe. If you want wealth is very easy, first you have to have positive thinking. Think positively make money.

There are many videos on youtube that say that just thinking 24 hours a day in the money, the money comes. Not so. If so everyone would think of money to have a lot of money. Impossible. If just thinking about the money we got it, in this world we would all be millionaires. But not right. First you must think positive: if you think positive the result is positive, if you think negative the result is negative. This is correct. Think positively money is right. But if you think about money like crazy and only think about being a millionaire, this is a story not real. The Right Thing is: to be a millionaire for real. First think of a lot of money, but think that the purpose of this money is to help others, not to our whims, like buying a car of many millions, a luxury home .... you're wrong.

Think a lot of money but you have to add that it is to help others. With this thought you can earn a lot of money. Not to waste on nonsense, on whims ... so you'll never have money. This is why many people are disappointed when they can not make money and does all kinds of crimes to get it. This is short, because we depend

on the past life, if we do things right, accumulate merit and then you can have a good time, enjoy. But if you commit crimes and you hurt people, they spend it quickly merits.

A millionaire is a millionaire because in his past life helped many people, so in this life is a millionaire. People do not know, that if a millionaire spends money on useless and does not help people, that wealth we have for our past lives is spent super fast. So many millionaires before they get old they lose everything, are ruined. They are selfish does not know his wealth divide people in need. If you want your wealth lasts, repártela with the needy. If you want poverty into wealth, trust me, helping others to enrich your consciousness, your soul. All you have to do to become a millionaire is to have good thoughts and help others.

Thank you very much.



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## *31. - SEX and PORN*

**Sex.** According to Buddha's writing is forbidden to have sex outside the couple. The basis of the societies around the world is family. If the couple lives happy, the family is happy, the kids are happy, and everyone lives physically and mentally healthy. In a family first and foremost is the couple. If you live happy, society is happy, the country is happy the world is happy.

It's like a house, the foundation must be very solid. If this base is not solid either will be fine. The base is man & woman marriage. If it is sex outside the couple's consequences: In the world there are 3.4 million AIDS deaths per year and there are 2,454,314 people infected annually. Any man if he has sex outside the couple can get AIDS. Especially the youth. Young guys have sex with many girls and girls with many guys. You can spend all kinds of sexually transmitted diseases.

**Why should not sex outside the couple.** If a woman has sex with three different men in 24 hours, the semen of these three men together inside the woman's body and becomes toxic. This toxic begins to rot and then becomes cancer. It can also cause other diseases in the cervix. This is like a punishment from God. God punishes misconduct *linfómana* women.

**Remember well:** you can not even have sex with three different men in 24h. This is very important.

**Every man or woman who does sex outside marriage is punishable by the law of the gods.** This is no joke. This can be checked. There are many testimonies that justify that this is not a "bullshit". So careful with sex.

**A 20 year old man can ejaculate every eight days. A 30 year old man can ejaculate every fortnight. A 40 year old man can ejaculate every 20 days. A fifty year old man can ejaculate once a month. A 60 year old man should not ejaculate.**

**If you sex without ejaculating, there is so much trouble.** Make sex every day several times can cause a number of problems: first with his kidneys and his liver and then affect your overall health. You will not feel good, you will not have strength, you can not walk, lose memory, be sad, you will become anti social, intelligence and lose again you fool. This is what leads to a lot of sex every day. The legs lose strength, lose weight and toes begin to rot. You can get to the amputation of fingers and even legs. All this because of too much sex practice. If you non-stop sex, the body can not stand. You can also lose your hair. This can occur in both men and women. Women age faster, if you have 30 years appear to have 60. The face will turn dark, teeth will fall, lose vision, be sad ..... All this for doing too much sex.

## **PORN ACTORS**

The porn sites, magazines, television, movies porn, minors should not see them. To us the greatest either do not suit us. The more you look at these images, more desire to have sex. The head is full of porn fantasies, trying to make sex and ejaculate as many times as. In order to have good health first you have to avoid seeing these images, especially the children. The father and the mother must take care that your child does not see these images in magazines, television, videos .... scantily clad women and sexually provocative exciting. They prevent your children from viewing anything that is related to sex. These images are negative for our thinking and especially of children. If we have the head full of porn, sex, not good for our physical and psychic. Nowadays more and more images of this type, more sex and porn movies. If you want to live well try to avoid all this. If a man sees a lot of sex, do not have enough with his wife and try to find other women to their partner and then have family problems and sexually transmitted diseases, AIDS ... So I can have near pornographic images or sex to avoid problems to your health, your family, your children. This is very, very important. Why I want to stay away as much as possible of all these images about sex porn.

According to the law of the gods, the girls with little or no clothing ranging provoking people do not end well. When they reach old age are going to go very wrong, and when they die they will have the punishment of the gods for having caused to people and do so much damage to society. There is no forgiveness. So I advise all the pretty girls and sexy do not go causing so people do not have bad thoughts. They can live peacefully and happily with his family. Please do not provoke people, not take advantage of your sexy body to harm others. This is going to cause problems for yourself and the people. I ask please. Thank you.

## **PORNOGRAPHY.**

**PORN.** According to law of the gods punished the biggest events are related to porn, to sex. Any person, man or woman, who makes pornography, movies or video, public or private, all who do porn, remember well, all go to hell for at least 1,000,000 years. I hope that those who do porn, do not die when they die because they never start their nightmares. Not me what the gods say. The vagaries are paid very expensive. You take advantage of your youth now, showing your naked body, your genitals, so what? A piece of meat. Soon you'll be old or older and what will you teach? If 70% of your body is water, and full of veins, poo, wee-wee, full of snot, blood ... what do you teach? Do you think your body is a wonder? Do not look inside: no guts full of poop, bones, veins, liver, heart ... just like when you kill a pig, you open it and there is the same. When you open a body is what you get. Do not be fancy and say, How beautiful, how beautiful! Make no mistake.

In life you have to find happiness, a good future in porn do not get anywhere. How much can you get for doing porn? Misery. Professional people still take some money, but there are very silly

people record their own videos and uploaded to the Internet for many people the look. They gain nothing and over go to hell ... those are the dumbest people there. Is that true, that people have no brain. Do not think. What for? I do not understand. Teaching to twist the minds of the new generations and then do crazy. All those people who are dedicated to porn, movies, home videos, whatever ... go to hell until one day disappear porn on earth. If it lasts 1,000,000 years, you'll be 1,000,000 years in hell. And every day you are going to poke a stick in the ass until you get blood. Each day you will die in the same way and are reborn to return to suffer the same torture. What do you get with that? I tell you the pay súpercaros whims. Ensigns genitals what? Everyone is equal, everyone is the same. What is the difference? What do you teach? Why not teach you when your period, blood everywhere? If you teach the way you put up your ass, why do not you teach like poop? That's not nice, really, that's twisted thinking. You hurt yourself and you hurt people. That did not end well, never ends well.

Today I've noticed that many visitors to my site come from porn sites. I hope one day to hear my words, what I say. Life has many beautiful things. No need to be gay or lesbian to enjoy life. People do not see clear. I hope you look and listen to what I say on my page with all your heart. They should not go against the law of loa gods. Life is short, any time air will not go and you're dead. So why so much vice?

Help people, your family, your wife, your children, to society ... like me. The life there are many things to enjoy. What else gives genital bigger or smaller, a bigger chest or smaller. Who cares if it's all the same? Chest? Within what is? There are fat, nothing more, all fat. What you can teach? And within the body's pee and poop, I do not understand what happens to you. In life there are wonderful things to enjoy. Every whim be Expensive.

Do not fight the gods, humans are poor, we will not ever win against the gods. Do not teach bad things to young people, you're going to pay dearly, dearly.

Teaches do well to young people, please do not teach porn because you will pay dearly, dearly.

In a few years your body will be full of wrinkles, sagging breasts and full of wrinkles, and men no longer have erections, the penis does not rise and the body is full of wrinkles. Youth is short. And then what? What will you teach? Teaching young people to do porn and free sex with crazy, what do you get? : Nothing, and desire over the punishment of the gods. If you do not believe in God, nothing happens, and you will find it when you die. Also, everyone has a safe plane where everything is recorded, the good and the bad. Everything is recorded, everything is in your consciousness. What do you get that?

Make videos and upload them to Internet porn, what nonsense! Do you get nothing and up against the law of God. You fool! You yourself are going to punish. You do not get any benefit, unlike going to have bad luck, bad luck.

Listen please look for a positive life, doing porn just going to have bad luck and your life will be getting worse. Please trust me. You will go to hell. Listen to the video that I have on my page of the

voices from hell, hears the cries of the people who are in hell and you will see pain sufferers. You at any time you can die, in the cemetery there is not just pensioners, there are many young people, Think about it. Do not teach sex to the public, is a devil's way, it does not work. The devil gets easy and it is hard to leave.

All you can do is repent. Repent with all your heart. All I'm saying you do not believe me but it's going to happen whether you like it or not, because this is the law, is the law of the gods. Enter Gods law when you die and all your sins will be punished harshly. I personally do not enter or salo, each done with your life what you want, I'll just advise.

I'm not against anyone but I say the future that awaits you.

Thank you very much.



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## *32. - MAN, WOMEN, MARRIAGE AND FAMILY.*

**The man at age 20, you should not and is not good for him to have sex ejaculating more than once a week. The 30 year old man should not have sex more than once ejaculate every fortnight. The 40 year old man should not ejaculate sex more than once every 20 days. The 50-year sex should not ejaculate more than once a month. The 60 year old man should live without sex. This is why health. Eat people like to have sex, fine, but do sex without ejaculating, so you can maintain your health.**

**I give you an example: Once, an elementary student goes home from a friend who teaches a porn movie. From that day home masturbating every day 4 times. This student was the valedictorian and masturbating because you are both health problems: headaches, drops her hair color will get a green-white face. More and more thin, can not walk properly, have kidney pain, blood does not circulate well, can not sleep well because of many nightmares, becomes unsociable and all this comes because you masturbate too much so young. If you make a lot of sex at such a young going to have health problems and can cause diabetes. Diabetes increasingly affects younger people.**

**There are many women who have a bad habit of having sex every day many times and also men. This can cause kidney problems, both men and women. If a man ejaculates several times a day will have health problems. When you have kidney problems, first you will notice that your hair falls slowly and you feel increasingly weaker, the face is yellow and pale.**

**The abortion may affect future to have children. If you have an abortion, you will have 25% less likely to get pregnant. If you abort twice, you will have 50% less likely to have children. If abort three times the chance of having children decreases by 75%. Besides having significant psychological problems. If you abort 4 times the chance of having children decreases by almost 100%. When you have an abortion, then you have several problems: the first is that it will cost you to get pregnant, the second problem when you're pregnant possibly 2, 3, 4, 5, 6-7 months, the child dies in the womb. Why? because its parent is affected by abortions. The matrix is cold, not warm and fetus is inside feels bad like a very cold house and it has plenty of water below. This is bad for the fetus. If one day you want to have children do not abort, for your sake because we are flesh and blood. The body can not stand or psychologically can not be quiet. You will never have forgiveness of or your conscience, or the gods. Although humans are to forgive, beyond the law is never going to forgive.**

**Moreover, once she arrives in the summer it gets light clothing, braces, back off, showing the navel short blouses, short skirts to tease men. That's not looking good. The beauty is elegant. NOT to**

wear light clothing. Teaching all you have provoking men. Not good for you or for the people. When she gets braces and everything open to avoid heat, the problem is when you enter a shop with air conditioning, the heat difference and the cold out within the cold air can enter from the back, abdomen, affecting to the lungs, kidneys, womb. When the matrix is cold, you may have problems in this part of the body. Also the cold air can enter between the legs to the matrix.

To avoid all these problems do not wear light clothing and everything causing teach everyone.

Not good for you or for others.

## **MARRIAGE**

Hello. Marriage is the foundation of a society, a country, the world. It's the most important. Because a marriage if it does not get along problems begin to be transmitted to society, the state, the country and the world. When a marriage does not get along, always discussed and fight, children see and learn and then transmitted to society, does the same for your future partner. In the child's thinking all things are recorded and when greater does the same he has learned from his parents. A marriage is divorced, the children are left alone with the mother or the father. The family is not complete. It can be very balanced, because it is not a happy family. It is compared to other children who do have a happy family and this causes many problems.

Love comes and goes. When love is gone, it seeks another love and then comes divorce. The most appropriate, as the Buddhists say, is that a couple having mutual respect for living happy life. Because respect is much more important than love. Because love is not reliable.

Whether or not there is love, if you can maintain mutual respect and take care of each other with heart, this marriage can last a lifetime. The base is mutual respect. After this respect comes love, and that love is solid because it is based on mutual respect. Thus lifelong marriage.

Now people get married with only one basis: love. But love comes and goes.

In that case, when love is gone, the kids are going to have problems. So many broken families, many children suffer. This can be traumatic for the child and cause problems in the child's future, the future of society and the world. That's why you have a happy family to have a child physically and mentally happy. As so many people when they get older, kill, commit crimes, murder, become terrorists .... this is because that since the family does not teach well educated. So in a family that has problems, the children when they grow up can be a problem for society ..... We have already seen, there are many terrorists because families do not teach well and the kids have grown crooked. Guilty are the father and mother. So a couple who are not happy, that is not right, society does not right either. If society is not right, an entire country is not right. If an entire country is not right, this world is not good.

**So the solution is from the beginning. We all have to do with the heart on the other, not so demanding. Best known evil than an unknown good. Try to keep a family giving the two, for good of marriage, and welfare of the children who are innocent. Children are not to blame. Try to live in mutual respect not to break the family. Try not to abort, because all you see the child learns fast, good and bad. He says nothing, but you learn fast. For the good of all, please, we all have to be responsible with our children, educating them and teaching them well.**

**If family is not well taught, the children when they grow up cause everyone problems. So, it all starts from a marriage. If marriage is happy, this society, this world will be a paradise.**

## **FAMILY**

**If a family is not happy, can affect a society, a government, the world.**

**If a child is not properly educated and his father and mother did not give a good education, one day it could harm her family, society harm, harm to the country or even the world. As terrorists can blow up a plane and kill a lot of people or suicide or mass murder with firearms. This is the result of bad parenting. If parents do not give a good education, can affect society, government and the world.**

**The most important thing is family. Husband and wife should be happy and not be divorced, when they do, those who suffer most are the children and when they are raised in an incomplete family, may have more psychological problems. Try to be happy, not divorce. For the good of society, the first thing is to have a good relationship between parents and their children.**

**If a family has problems, society is not going to be good and the government either.**

**All is one: family, society, government and the world, we are all one. If we do not give a good education to their children, no matter the reason, the failure of parents that do not give a good education. We are parents, and we must educate our children to be good citizens, to help society to help the family, the state and others. Our mission is not only to have children and raise them. The most important thing is to give them a good education for our son to be a good person and help others, this is the most important. I advise you, for the love of his son, should be less demanding with your partner and not try to find another, her royal couple is fine. A bird in hand is worth two in the bush. Try to be happy and not be too demanding for your relationship can last forever and for the good of all, this is very important. Do not ever think of yourself and try to find another partner, your royal couple is fine, do not look at another and so you can be happy. Please listen to me, we are responsible for the actions of our children directly or indirectly. All children who are not well educated, if human laws do not punish their parents, the law of God will, not give a good education.**

**You have to know the first thing is that the family should be fine, so we are all one.**

## **BE A GOOD SON**

**You will never have friends if you do not give first and is good with them.**

**The father and mother give a lot of love to their children and if you do not want, what kind of person are you? You should know, first, to be a good son. When you leave home, you should dress appropriately, you should say hello and ask permission. Always, when their parents are talking to you, you should listen to them.**

**When you call, you must state your name and be respectful to them, very respectful. When you speak with them should be in a soft tone, with smile and bow to them. We must defend our fathers, because we owe them a lot and have to return these favors to them. If you do, be a good person and your children will be well with you.**

**If you are not with your parents your children future will not be kind to you, because everything you learn. If you are a good son can be a good friend, a good father, a good citizen to society, for the State, for the whole world, but you must be good to your parents.**

**Never raise your voice to his father and mother, in no case should never protest or complain, you should do everything modestly, ask permission from your parents for everything. This is the principle of good, of any act of okay. The first thing is to be good to your parents. Remember, when their parents die one day, according to the Buddhists, no party can go over 3 years. You always have to think about them. Not as many people do after the funeral, they go on holiday a few days later and forget everything without feelings. You will be a good child if you meet all these conditions.**

**When your parents need something, they should not have to ask, you have to know what your needs are. You should be offered everything we can with all your heart.**

**The father and mother give much love to the children. If the children do not want to respect their parents and what kind of people are they? So you know, first of all you have to be a good son.**

**Before leaving home, you have to dress properly, greet your parents and ask permission to leave.**

**When you have to listen to parent talk respectfully.**

**When they call you must go right away, you can not say no. You give them all your respect. When you speak to your father or your mother, you must be in a soft voice, smiling and bowing his head. We have many favors to our parents! we have to give everything you have done for us. If you do this, you are good person and your children will be kind to you. Because everything is learned. If you're a good son, you can be a good friend, a good citizen to society, to the state, for the whole world. First of all have to be good to your father and your mother. You should not raise your voice in any way. You should not protest. Permission must humbly ask your father and your mother to do anything.**

**This is the principle of all good. First you have to be good to your father and your mother for any good deed.**

**Remember well, according to Buddhist theory, when you die your father or your mother, you can go to party for 3 years and you always have to think about them. Not as many people that a few days after the death of his father or mother out partying. These people have no feelings. If you meet these things, you're a good son.**

**If your father or your mother you need anything, they should ask, because before you ask what you should know what they need and automatically offer it with all your heart.**

**Offering everything you can.**

**So be a good son.**

**Thank you.**



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### *33. ILLNESS AND HEALING*

**To be able to recover from such diseases, it is effective only learn Buddhist theory. All types of psychological dependent mindset.**

**Buddhists learn to control our thoughts. In order to control your thinking the first thing you have to do is learn to think for others. Not thinking about ourselves. The more you think "I" will have more problems.**

**Any desire if not fulfilled produces a very big disappointment. More desires many disappointments. Try not to be desired. In this world we live few years. Desires are pure fantasy, nothing real there is nothing, nothing. That is pure fantasy. The "I" has a few years of life. While the body exists, the "I" exists, but when the body breaks down and dies this 'I' disappears. What you see and what you play is like a TV screen. On the TV screen images spend a lot of good and bad but when we disconnect the TV what's left? nothing left, all pictures are gone. That's what Buddhists see, pure fantasy. There is nothing left on the screen. . There is nothing real.**

**In order to cure all kinds of diseases related to the psyche and improve nerves, stress ... all you have to do is think less about "me." Think less of yourself, make big heart helping others. You have to understand this.**

**In that case there will be no psychological problems.**

**The thinking is all that can be cured. With time pills can control the disease, but this does not mean you are cured. To heal should do for others and forget about their interests. That's all you can do.**

**The Buddhist trying to learn and do everything else. Buddhists do not have these diseases, because we understand that life is a pure fantasy, there is nothing real. We think it's all fantasy. A death is a corpse and nothing else. It rots out worms ... no matter rich, poor or powerful. When we die the body breaks down within hours. And we get nothing beyond.**

**If you understand this, you will live much better and not have any pressure or disease.**

#### **HOW TO CURE CANCER**

**When a person has cancer is very difficult to cure.**

**Why?**

**Because when doing chemotherapy, chemical kills healthy cells and cancer cells. It will not heal.**

**If operated to remove the part affected by cancer,**

**It removes all the cancer is inside. For this reason cancer is difficult to cure.**

**How to cure?**

**Surely if I listen and follow my directions, you can heal.**

**There are two ways that cause cancer:**

**1. - The thought**

**Two. - The food.**

**1. - The thought.**

**The thought and action are very important in order to cure cancer ..**

**Life is full of nerves, pressure at work, anger, sadness ....**

**All kinds of negative emotions that impair blood circulation.**

**If the blood does not circulate well, you can not reach all parts of the body,**

**And it builds up to a point because it can not circulate well, at that point, slowly rots**

**Producing a tumor which then degenerates into cancer.**

**This is one reason why the same body produces cancer.**

**Many people go to bed very late. The body needs to rest as appropriate.**

**If you want to have good health, at night you should go to sleep early**

**and in the morning you should wake up early**

**Two. - The food.**

**The 85% of people who have cancer is because of the food and what we eat.**

**The first symptom is that the body becomes sour.**

**This depends on the food. These people eat a lot of eggs, cheese, white sugar,**

**And all kinds of sweets. The intake of these foods may cause cancer.**

**Foods that cause the body to become sour also, ham, chicken,**

**Cow, horse, pig ... or any meat, and fish. The bread and butter fat as**

**They also produce sour in the body.**

**Any food that enters the body first feeds cancer cells. The richer eat, the cancer will.**

**When cancer disease also call for the rich. Because the rich eat many foods with plenty of vitamins and very "rich".**

**The more you eat that kind of food, cancer is more alive in your body. Eating more "poor" will be poorer cancer.**

**There is a medical study on the Buddhist monks who live in the mountains. According to this study, almost none have cancer.**

**Why?**

**First for its quiet life, have no nerves whatsoever.**

**Second and according to doctors, for their food.**

**What do they eat?**

**They eat cereals, apples, banana, lemon, grape, tea ... all this kind of food is healthy food and poor.**

**What is poor?**

**That there is rich in vitamins.**

**While food take more vitamins, are happier cancer cells. Every day becomes stronger and plays faster people die sooner.**

**If you want to cure cancer, you must leave all kinds of meat, cheese, eggs, sweets, bread. Butter.**

**You should not take any of these foods. You must live a quiet life, without nerves, without sorrow, without pressure. Try to live in peace.**

**For circulation is well, you should not get angry or nervous.**

**If there is poor circulation will affect your health.**

**If you stop eating meat, cheese, sugar ... never going to cure cancer. God is not going to be able to help. The only thing that can help is yourself.**

**Neither doctors are able to help you. If not for giving the kind of food you like to cancer cells, how will heal?. Impossible.**

**There was a person who had cancer and the doctor says he can not do anything, it's too late.**

**He went to see another doctor who said easily cured. I tell you the things you can or can not eat and you will heal. You have to be a vegetarian: you must not eat meat, fish, eggs, cheese, sugar, cakes have to eliminate them completely from your diet. Only you have to eat as a vegetarian: cereals, fruit, vegetables, tea and drink some wine but without getting drunk.**

**These vegetarian foods, such as poor, cancer cells can not live. As you do not feed the cancer cells, these cells gradually die and the cancer goes away. If no food is not possible to live.**

**Remember well: if you do not give food to the cancer cells. Cancer can not live. What we have to keep in mind is that chemotherapy kills both the good cells as bad. Everything is within our body. The chemical kills good cells first and then to bad.**

**Any person before having cancer, have symptoms that something is wrong in your body ..**

**Symptoms include skin does not shine, get tired very quickly, for example when climbing the stairs get very tired, when you feel you fall asleep, his feet stink. All these symptoms mean you do not eat well and that the body is warning us that something is wrong. Weak health and defenses means you should change your diet. When these symptoms should quickly change to a vegetarian diet. If not change., At any time can have problems with cancer.**

**All kinds of bad fat comes from meat. Fat circulating in the blood comes from the meat. Our blood thickens and the thicker the blood, the more difficult is to circulate. If you have more difficulty in**

**circulating produces a number of negative consequences for our body, if it passes through the heart, producing blocks in the heart attack, if it goes through the brain, can cause cerebral palsy and as a result half of the body is invalid, the blood reaches to the joints. Feet to be further from the heart are the first to suffer the consequences, then gradually rises through the legs causing pain and difficulty walking. The same goes for the arms, which are left powerless.**

**All this is caused by poor blood circulation. If the blood does not circulate well, and God saves you. For the bleeding circulate well need a good quality blood. If the blood is thick and full of fat, does not circulate well. No one can help. Neither God. The only thing that can help is to be vegetarian. If you want to live well with good health and long life (because health is the most important thing in life before riches, family and everything else) should care health tending the feeding and good thoughts.**

**You must perform good deeds for others. Be positive, help people to have that positive energy and be merry. As I help people when I'm super, super, super good. Do not know why. I'm super happy and super positive. To achieve this should help people**

**And do positive acts for others. Always positive thinking, use good words, do not talk down to anyone. Always think everyone is good. In order to have long life, good looking, good family, love ... all this positive energy to acquire. There is no other way. Giving money to people in need, this is food for our soul. If there is this kind of food we are going to live very poor in this world, sad, not going to work out things. The more selfish, more expensive pay. To prevent this from happening, I wish you all cambiéis of way of life, the way you eat. Changes helping others. If you help others, you help yourself.**

**That you must understand. If you want to be good and have good life, first you have to do good for people.**

## **DIABETES**

**Hello. There are two causes two problems that cause diabetes:**

**1. - The food. If you eat a lot, improper use and what not to eat, affects kidney function. If you eat too much meat, which is difficult to digest affects your kidneys and stomach.**

**Two. - Sex. If you do too much sex, affect your kidneys. As one doctor of natural medicine: "A 30 year old man can ejaculate 1 time every 8 days to avoid health problems. A man of 40 years every 15 days, a 50 year old can ejaculate every 20 days and a 60 should not have sex. It is the nature of our body for normal people. In this case, as most men really like sex, all you can do is have sex without getting to "come" without ejaculating. A man of 30 years, to make every whim without affecting your kidneys, your health can only ejaculate every eight days, a man of 40 years every 15 days. So you know you should do if you want to be healthy and that sex does not affect your kidneys and liver. Because kidney problems affecting the functioning of the whole organism and all energy comes from the kidneys.**

**If the kidneys fail, the whole organism fails. The main cause of kidney failure is because they do too much sex. You have to realize. You know, if you want to be healthy, practice sex without ejaculating.**

**Remember that a 50 year old man can ejaculate only every 20 days and a 60 if you can not ejaculate. Do what you can, but not ejaculate so often to maintain your good health.**

**The first sign that the kidney starts to fail is that their legs are getting thinner. Then the legs go numb, and not feel, as if stunned. When you go, you get the feeling of standing on foam, as if to touch the ground (lack of sensitivity). And finally, the toes start to get black (necrotic) and will have to cut because if gangrene may go up toward the leg and end up having to cut the whole leg.**

**So, you should know that this whole problem comes from the excessive practice of sex. The body has to follow their nature, do not force your body. Do not take pills to help you practice more sex because the more sex, the quicker you can get sick and die.**

**Also may cause rupture of a blood vessel in the brain. Due to this break part of the brain does not get the blood flow it needs and not receiving oxygen cells stop functioning and die. This can cause paralysis of one side of the body, and many other health problems and even death. Everything comes to practice sex and practicing too much sex is at a premium to health.**

**So I suggest you try not to ejaculate every day.**

**If you are young every 8 days, if you're 40 every 15 days, if you have 50 every 20 days and if you are 60 years trying to prolong intercourse longer the better.**

**If you notice any of the symptoms I described above, care! you have to hurry to save your life, because as they say, you only live once. Try to live healthy. Without health there is nothing.**

**I'm going to explain a fact:**

**A good student of 15 years, begins to see many porn movies and jerks off 4 times a day. Every day is taken 4 times semen. Then start having health problems. Before it was a good student at school always took out 10 in his notes because he studied and was very intelligent. He picked up the bad habit of sex alone and his memory begins to fail, hair starts to fall out, dark circles begin to sprout, you will face turns yellow when walking legs tremble, have kidney problems, liver .... All of these health problems will come to masturbate very young and often (4 times daily). After consulting with the doctor, has rectified his behavior and returns to normal.**

**You know, if you want to live well with good health, controls sex. Do not watch a lot of porn movies, because the more I look, the more he thinks his brain, he "crossed wires" and goes crazy and do not stop sex, not masturbating, of "cum". Then I come all kinds of health problems: diabetes, kidney malfunction, liver ... everything is a consequence of too much sex practice. So too much sex is a way to death. If I say no sex practice, people will tell me that this is impossible, well, in this case I advise you if you like both sex and not ejaculate, half practiced without reaching the end, no "cum" . You retain and health. If you practice too much sex are more dead than alive. A living dead only gives the family problems, work**

problems, psychological problems .... When you have these symptoms are enclosed in itself, becomes unsociable, not to relate to others, is isolated in his room and not talk to anyone.

If your a child has any of these symptoms, be careful not to go further and seriously affect your health. Parents need to monitor and care for their children, because children do not know and have to learn.

This is what I advise today about sex. Thank you.

## **LONG LIFE WITH HEALTH**

In this world there are three kinds of people who get sick:

1. The Good people. Are those people who always help people. Have peace and harmony within your heart. When you help others, you create a positive energy that you satisfaction and joy. These people never get sick.

Two. People who practice yoga. Through yoga, you can keep your mind relaxed, you can control all your thinking. Like me, I practice yoga for 40 years. In the morning when I get up ½ hour of yoga practice and before going to bed half an hour practice. And every day for 40 years. I have never gotten sick, I had no illnesses of any kind. I do not know what pain is and I have never health problems. This is the second type of people who never get sick.

Three. People have understood the theory of the Buddha's teaching: have understood that everything you see and touch in this world, is pure fantasy. There is nothing real. Our soul enters the body at birth and leaves the body at death. After entering a new body is born and then die again and leave. But the soul never dies. Just get in and out of the body to learn that life is pure fantasy, there is nothing real.

So you must stop wishing. Come the end of our lives All our desires are = 0. Because when we die we get nothing. There is nothing real. No matter what your condition, if you are a millionaire, powerful, poor or beggar's body dies and rots same. So what you have now is a dream. Some people have good dreams and others have nightmares, but nothing is real. If anyone can understand this, that person will never die. His soul will be free and will be born in this or any other planet. Everything depends on us. If we can free ourselves of this self from the body, then you're never going to get sick. Everyone has to understand. If we are all one one cares for the other, never get sick. While the ego is bigger there is more selfishness and life is harder, has more misery, more illness, shorter life, you have bad luck .... So if you do not want to have diseases you know the three ways to maintain health and not get sick.

Thank you.

## **Self-healing**

Hello. As Auto heal all kinds of diseases. I recently went with a relative to visit the doctor for spine problems. A doctor old enough. He said if you have problems in the bone of the spine, which has to

do is take pills, massages, going swimming, gymnastics and go. You can not do more. The family does everything the doctor says, but still in pain. We then visited another doctor English young graduate in a few years and we said:

First I have to give you a kind of theory that you may know and heal you. The method was different from the doctor who visited the first time. The doctor, modern surprised me because he said that the only thing you can do to cure any illness is self healing. And how is this done?

First he explains:

When we have nerves in daily life, eat poorly, prefabricated food cans full of preservatives and dyes, or we get angry and we are sad, or we do not move and do not do gymnastics. We breathe polluted air, polluted water .... Any number of things that affect us health.

Therefore must:

1. - Take care of what you eat. Their food must be healthier. Do not eat cans because it's bad for your health

Two. - Not have negative thoughts, we must change our way of thinking, because all kinds of negative thinking affects health. When we feel negative emotions, such as when we are sad, we adopt postures that gradually deforms our body affecting the spine. We explained that passed through the column a series of ribs and each rib is connected to a body part.

These nerves connect directly to the brain.

We have millions of cells in the brain to communicate with the rest of the body. The brain through these cells gives the orders to the body.

When we eat preservatives, or we are sad, or are negative, the atmosphere is negative, the brain is affected, it blocks nerve communication with the rest of the body. Is interrupted or fails the information to the rest of the body. For example, if the information does not reach the heart, the heart does not work well.

Each country has its life expectancy. People who have longer life expectancies are the Japanese because they take good care of their environment, their work, are very demanding in food, care for everything to be as natural as possible.

The lowest life expectancy in the world is in Africa. THE atmosphere is bad, the food bad, all bad. So these people live a few years.

If you want to live many years in health, all you have to do is self healing. The doctor gave us a list of 20 or 30 things to avoid, correct, change, you should not do, but did not teach us what we must do to keep out negative information in our brain, and nerves, sadness ... She did not know . This theory teaches us Buddhist.

Buddhist theory teaches us how to get a quiet life. There is no other way to stabilize our way of living and thinking so negative. Only through the theory and Buddhist practice.

Why is it necessary to learn Buddhist theory?

Buddhist Theory explains that life has to live healthily. Namely, we have to live a quiet life, with no desire, no negative thoughts, we

should not put any price to get things. So you can live well. We struggle in life, it is normal and logical, but we should not pay any price to achieve our goals or desires. If good things come to us, either. But if things do not go as we wish, okay, what do we do? If you get well, okay. Had it not also worth. Buddhist philosophy advocates the struggle for life, but we must not disappoint us if we do not get our wishes.

You must not disappoint when you can not achieve a goal in life. We must fight with calm heart, a pure heart, without hurting anyone, not take advantage of others. Try to help people. If you help people, people you back double, triple or a hundredfold. Instead of always thinking about my, my, my. This says Buddhism.

We fight for what is ours and so of others. The two things at once. You must always think of "me", my family, my friends ... always for me. No good future and good health if you just think about theirs. If you want good health and good life, take the Buddhist philosophy. Do not try to step on others to achieve their desires. That's like bread for today and hunger for tomorrow. The only way to live well is with thoughts of love and understanding.

You have to forgive the sins of others, to have positive thinking and not fall sick. If someone hurts you and always remember who crushes you, who hurt you, who stabs you in the back, who annoys you .... Your brain is blocked and the information is not passed to the nerves that distribute to the body. All life will have health problems. If you have health problems will not live long if I have a lot of money. It will not live well. In life, health comes first. If you do not have your health you have nothing. So I suggest you try to live a life with a heart of love. Forgive others as you forgive yourself. Do not point your finger, try not to criticize anyone, because we ourselves are not perfect. Nobody is perfect. So do not point the blame of others. So you can live healthy and enjoy your life, your family. But you know, if you want something you must give something back.

## **SELF HEALING POWER**

Miracle of self-healing. Buddha says everything will come in our mind. Everything is in your mind, your health, your life, your future, your family, your partner, all the good and the bad. Everything is in your mind. We should ask God, because we are God, we are children of God. So instead of asking God, ask yourself and you will heal. Yesterday, I helped a couple of neighbors to self heal. The husband is 85 and the woman 80 years, both Catalan, Spanish. This couple years ago that did not go to the streets because they both have leg problems. When you reach a certain age, legs lose strength and you can not walk well. Yesterday I helped them to self heal. The lord of 85 years, has long legs hurt and has gone many times to the doctor but it has not cured the pain. Go very slow and curved and supported with a cane because a lot of pain. When I went to visit, I told the Lord: - Listen to me and trust me. Do what I say, do not

think otherwise. The answers: Okay. I say: Trust me. From now on, you have no leg pain, leave the stick and go straight and fast. The Lord suddenly stops his stick chest rises and walks across your floor quickly. The shocked woman said: - I've never seen my husband walk and a young boy. Its floor is large and when Mr. back where we are, I wonder how you are. The answers: I do not know about me, my legs do not hurt, I'm very well and I have lots of energy. Imagine, for many years he had fallen into the street because he could not walk and suddenly, when it receives an order from me, her fear disappeared and self healed. Within seconds his illness for so many years, disappeared. This is not a miracle of God, no. This is a miracle of himself, because he trusts himself. The mind can heal and improve health or damage it. But you have to have 100% confidence. The whole universe is here, in his mind, every good future is here, all the happiness, long life. Here in your mind can make a heaven or hell to ti.Al beginning, when I went to see the Lord, I asked: - What's the matter sir? The answers: - I have 85 years, I'm tired of living, I want to die, since I have no hope and do not want to live anymore. I answer: - Life begins at 60 years and if you have 85, now just 25 years and you're still young. Now you must think like you have 25 years. Those 85 years are over, will now have 25. Because trust me, suddenly, in a moment the thought enters your brain and gives the order to your body to function properly. Within minutes, your health and your mind completely changed to positive. It's a miracle. It is the miracle of self-healing. It's awesome!

Now talk to the lady. He's 80, she fell in her apartment and broke a bone in his leg. Had surgery, and has been long in bed unable to get up. I ask you:

• Your want to get up? Your want to walk? The lady answers: • Yes, yes. I want so much to get up and walk alone! I say: • If you want to get up, listen and do what I tell you. 100% If you trust me, I guarantee that you will rise. The lady replied: • Well. The next day, the lady thinks: "Master Roger told me that if I want, I can get up and walk. I'm going to try "Then this thought enters your mind and gets up from the bed alone. He leans against the wall and starts walking. How is it possible? The doctor has not been able to cure me, Master Roger tells me "if you, like you can get out of bed and walk" Why not? I want to heal for a long time, do not want to spend all day in bed. So, with this thought, the lady got up and walked. Now, the lady walks slowly because it has long been in bed without getting up. Imagine! , Self-healing.

Anyone who hears me now, if you think about all my words and listen to me, you can cure: • You can walk • You do not have pain • Your illness disappears. But it has to be convinced and trust my words. So can self heal in an instant. This is the power of the mind. Not a miracle. You do the miracle. Only you can save yourself. Doctors know that can only help by 30% and the remaining 70% depends on you, your mind.

If anyone hears and trust me 100% in my words, can self heal. It is also free. You will not lose anything trying. Just trust my word. All types of disease can be cured, at a time Any disease is cured. If you listen to me, this can save your life and can have a life full of happiness. Always with a heart full of love, full of positive thinking.

**So all wishes can be fulfilled. It's that simple. We complicate life. Life is not complicated. The disease spoils our body, and we get sick because we have negative thoughts. From the brain, negative thinking, passes through the spine and transmits it to the whole organism. Therefore, this negative thinking affects your whole body. Before hurting people, think about it, because you're hurting yourself. That says a doctor in Barcelona is spinal problems.**

**Remember, if you have good health, not have any kind of negative thinking. You should not have stress, nervousness, anger, sadness ... all this adversely affects your health .. If you want to leave any kind of problems, listen to my words. Think positive with all the power of your mind and I guarantee that all the negative, becomes positive. It's simple, it's just this. Please, if you listen to me, try as that marriage. They have been cured, have self cured in one minute. With so many years of illness with no hope of living in a moment your life changes to positive. What I have done with this couple so I can do with you. You just have to have faith in my words and trust me. If you trust me and believe me, I'll help you cure any illness in an instant. This is not a fantasy, it's real. Please just ask you to listen to me and trust me. If you listen to me and you heal with this theory, discuss it with your family and friends so that they too can heal. Remember, for this to work and to self heal, you must have positive energy. To acquire energy and positive thinking, every day you help people, you must do three good deeds for people. If you are full of negative energy, this theory does not work for self healing. You know, to work, it is essential to be a good person and help people. When a person is negative, it is impossible to self healing. Remember, energy and positive thinking to have long healthy life. People with power, millionaires, everyone wants to live well. Because if you have no health, your wealth is useless. If you want long life, use your money to help people. So others, with your help can improve. If you improve the lives of others acquire positive energy and your life also improves. If you do not use your power and money to help others, power and money become a burden to you. When you die you go to hell, but if you help others go to heaven. Remember well: Builds, use your money and resources to help people, because then you're helping yourself. I always say: - When you throw a ball to the wall, if the strong spears makes you stronger. So, the more you help people, kinder and better life will be you will have, full of health and positive things. Would not you like to have long life with good health? Well, you know, all you have to do is help people. No other miracle. If you ask God when you do evil, it is impossible to help you. God can not help you. Everything depends on you. So if you have long life and good health, listen to what I say, always be positive and help people in need.**

**No other form of self healing.**

**Thank you very much.**



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## *34. REINCARNATION*

**Many people do not believe that after death you can be born again, who do not believe in hell, who do not believe in heaven or God, who do not believe in anything. This type of people who believe in nothing are the most dangerous because they can do anything. They do not believe in divine punishment or penalty imposed by human laws, I do not care, they can do bad things, this is the most dangerous.**

**Reincarnation has been demonstrated with the technique of hypnosis.**

**Once hypnotized me one of my students and I could go back to the Roman period. My teacher once hypnotized hypnosis an illiterate woman who did not receive any education, while under the effects of hypnosis, was able to speak perfect German and can also write in German. When she was out of the effects of hypnosis, who played the recording and asked him what was said and what was written on paper. She replied that she has never been to school and could only speak Spanish, no other languages and had no idea of what he said in the recording or what was written on paper. Hypnosis has been mentioned in many books published by U.S. physicians or international hypnosis, explained that through hypnosis you can discover your past lives.**

**Any person who does not believe she can find a teacher of hypnosis and when you are hypnotized, you say to yourself in the past, no one else. You will feel everything that happened in the past and then going to believe that reincarnation exists, hell exists and there is also divine punishment. I see, feel and believe that reincarnation exists. All hypnosis medical testimony that reincarnation exists through this technique, but doctors are not linked to any religion, are scientists, just give a try to hypnosis. Anyone who does not think you can go to any doctor of hypnosis and in one session you will see that I am telling the truth. There are many books available in the market and I am not the only one who just says, too many doctors who do not believe in God, but in reincarnation. All of them can justify what I am saying now.**

**There are many testimonials that can justify that reincarnation exists.**

**If reincarnation exists, divine punishment, hell and any kind of punishment also exists. A person can reincarnate in a person or an animal, everything passes through reincarnation. As we believe in reincarnation, if we do it wrong, in our next life we will not be born as human beings, we will be born as animals. If you eat meat, in our**

**next life will be like animals born and animals born as a human being and will be their turn to eat the animals and the circle will never end.**

**If you want to be reborn as a person does not eat meat so it will not be part of this vicious circle, because the animals that want to have their revenge.**

**It is better to let them live and live better now and in the future.**

**Hypnosis was not invented by the Buddhists, was invented by the Americans.**

**Buddhists do not practice hypnosis, but thanks to the doctors or teachers of hypnosis, which have shown that Buddhists are telling the truth, not a lie.**

**These doctors are not Buddhists do not believe in God or Buddha, but they believe in reincarnation.**

**Thank you.**



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## *35. - CELL*

**Hello. Today I will discuss good and bad cells that are part of us.**

**All cells have thought. Any good or bad cell wants to live. Any cell of cancer or any other disease, we produce with bad thoughts or what we eat, this is the result. To combat the bad cells having our body, all you have to do is:**

**1 - Take care of what we eat. Eating any kind of meat or seafood poses a risk to our health. Nobody knows the virus carrying the meat we eat, pork, poultry, beef meat ... all these bad cells that carry unknown. To prevent infection, try not to eat meat.**

**2 - Negative thinking. When a person is nervous, sad or has any strong negative emotions, it affects your blood circulation. What we eat and what we think can cause obstruction in the small veins do not move blood letting. Blood pools at this point and days, months or years later, it forms a lump that gradually transforms from positive to negative cell cell degenerating into cancer or any other disease. The cause of all this are the toxins that takes the meat we eat and negative thinking. If there is no health, there is nothing for good health and we must give up the pleasure of eating according to food type. Try to rid your thinking "kill, kill, kill."**

**We all have negative cells in our body. A part of you is negative cells. Depends on the amount of these negative cells we have in our body. If there is lots of it, can affect your health.**

**Our body has positive cells and negative cells. Try to live with both. Do not think negative cells kill because if you think about it negative cells each day try to defend and attack more to your body. If you only think about killing negative cells, they also know how to defend. You have to fight them with positive thinking not trying to think of "kill" because they are a part of you. Before they were negative cells were positive and through our negative thoughts and what we eat have been infected and have become cancer cells. That's why you practice yoga to relax and think good thoughts.**

**The bad cells provoke us transform from positive to negative mainly for two reasons:**

**THE first cause is, as I have said, by nerves, stress and negative emotions.**

**The second cause is the food we eat. If we eat any kind of animal meat can affect our health, so try to avoid it, for your health. If there is nothing health.**

**If you want health, long life and happy family have to do something for yourself. To have positive thinking, try to help others with words, deeds, money .... and get positive energy to combat negative cells. Do not think positive cell killing, try to change from negative to positive, because before cells were also positive. With positive thinking can change negative to positive cells.**

**The doctors can help fight diseases like cancer by 30% the remaining 70% depends on you. Doctors only you can remove a part of the cancer, but the cancer is in your body. You can not remove all the cancer. Humans only think about killing all acts, what we do, what we think, always be positive.**

**Matar, no matter who, to your own child, aborting, animals ... to those who can not defend themselves creates negative energy in consciousness and this affects health. Anyone who supports or intends to kill, kill and kill, his conscience will happen sooner or later bill will punish themselves be punished.**

**Remember well: if you want good health, long life and good future, do not kill or cells, or animals, or any living being, or anything that moves. Live and let live.**

**Killing produces violence, so if you want to cure any type of cancer you have positive thinking and positive thinking acts this to help people and in order to have positive energy. Not enough to have positive thoughts, you must act, you must perform this thought helping people in all you can, with money, with acts, with words ..... and acquire positive energy and change in positive cells cancer cells because the doctor can only help you a little.**

**Remember well, everything has consequences. If you want to live well you have to do something for you, helping others.**

**There is no other solution.**

**Thank you.**



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## *36. - POSITIVE THINKING*

**All thought good or bad, is recorded in our consciousness. If we think and act badly wrong, everything is recorded and we punish ourselves and we get nervous.**

**There are many people who say: "God's punishment". God does not punish ourselves to punish us. All evil act is one that only benefits us and not to others. A good act is one that benefits others and not ourselves. These acts are considered good.**

**Everything we do wrong in thinking and acts from selfishness or any other excuse, all the damage we do to others, in the end we paid dearly, we pay one way or another. We punish ourselves. So do not think that it's okay if no one sees us commit an evil act, you're wrong, if someone has seen or not seen that's another thing, it's what we've done, we see or do not see someone, that is recorded in our consciousness. So if a person does good deeds for others, has a good future, because everyone supports you, because everybody loves you, because everyone helps. If you try to take advantage of people, whatever, every day will have more enemies in your way. In order to have good future, you must have good thoughts. Positive thinking also can bring you good health, long life and good future.**

**By contrast, negative thinking gradually notice that you're alone in this world. So you must understand that all this you need to implement. The important thing, as I said, is to do for others. The only thing to cope with a good future is to do for others. That is positive thinking. Thank you.**

### **GOOD THOUGHTS**

**Another of our problems is that we think many fantasies. Every second pass through our brains thoughts 12,000,000. Before doing anything, we think, if we solve what we think, do nothing. If we have bad thoughts, we can correct them and then we do not act. If the thought is not correct, selfishness, revenge or anything else, that thought can become bad deeds. So all we can do to prevent all kinds of wrong is right this wrong thought.**

**First you must know that every negative thought that passes through the brain produces 200 HZ, this is what causes stress, nerves, low voltage and has all kinds of health problems.**

**When you have good thoughts produces more than 1,000 HZ. This will improve the health, self-esteem, good looking, be cheerful and happy. It all depends on thought.**

**If you want to have a future and live well, you always have to have good thoughts. To us and to others ... because we are one.**

**Nobody thinks for his own evil, we all think of our good and as we are all one, all right. If you think so you have good future, good family, good friends .... everything. If others think everyone will want to be with you because you're the best.**

**If the thinking is right never going to make mistakes. If negative thinking will always be wrong and everything you do will be wrong. The body will pay dearly for your bad thoughts, with your own health.**

**If not now, in a few years, sooner or later you will pay for having negative thoughts. So if you want to have everything good in life, should have positive thoughts, thinking of others so you have everything right. If you hate all the others that hate you back. It is like a mirror, if you put a face to the mirror, the mirror will put a face also. Never expect that if the mirror put a face, the mirror you will smile. Impossible. So we must first have good thoughts towards others. Do not expect others will smile first, we have to reach out first. If you can understand this, I guarantee you will have a fantastic life, good health and lots of friends. Everything depends on us.**

**Buddha said: "All for thought can be changed, if we think negatively all the atmosphere around us, the present and the future, is changed to negative. If you have positive thinking, present and the future will be positive. Our wish will be fulfilled. "**

**Do not think that because someone hurt you, you have to return that bad for revenge. The only one who's paying for this is you. With your health, bad future and bad relationships.**

**Life is short, so if you want good life, reach further and be a great angel, like Buddha or Jesus, think positively. You will be a big positive. If you live positively when so will positively die.**

**You must choose. If you want to live negatively, you know where to go: to hell. If you do not want to go to hell, think positively and you will go to heaven. Some people say they do not believe in the afterlife, either. If you do not believe, at least think positive to live well in this life and all your wishes will be fulfilled.**

**That's the most important.**

**Thank you very much.**



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### *37. - WISHES.*

***If you want to be free to leave any desire. All desires of this world, are for a few years. If you can put the desires of this world like Jesus did you become a god. Buddha left all human desires as, all their wealth, all their power. If you leave the desires of your flesh body, in this world, then we can be like Jesus Christ, we can be like Buddha, a totally free soul.***

**The writings of Buddha, say that there is a paradise beyond this world. Life, not like here we have all kinds of natural disasters, pollution, infections, diseases, negative people .... there is much evil in this world and has very little good. The sky, in the afterlife, heaven has 28 floors. This land is as low above category there are 28 levels. Any planet in another solar system over our life there is hope from 1,000 to 1,000,000 years. These solar systems, there are not many problems to live, to eat, to work .... They work differently. Any person or living being can live at least 1,000 years. After these 28 levels, you get to the category of Buddha or Jesus Christ. In order to reach the afterlife, you want to stop everything you see and everything you touch. If you like anything in this world, you engage with this desire and can not go anywhere else, and both like it here, back here.**

**If you want a better future for yourself, you stop wanting things of this world and try to do everything within your reach for others. To you're not interested this land again with this lifestyle so negative, so you should do for others. So if we are really selfish, do as Jesus Christ or Buddha, dedicate our lives to others and not for ourselves. But you have to understand that everything you see and everything you touch is pure fantasy.**

**What we now live is like a dream. Good dreams, bad dreams depends on us, of each. If it is a bad dream is like a film negative, fear and when the film ends back to being yourself. What you see is not real. Our life is like a movie when you put the film all the images appear on the screen. Our soul is like a screen, when once the film is just what is on the screen? nothing, zero. The image is not on the screen. Then start another film, another new story and over and over again, millions of times, it's like moving in a circle and we could not leave because they do not understand. That can not be, all lives suffering for nothing. I have already understood, so I advise you to open the eyes of your soul and see that everything we see and everything we touch is pure fantasy. It's for your own benefit, to be a free soul. Once released, the soul, the "lord of death" can not do anything with you. If you do not want to stop, there is nothing good for us, we are born, we have diseases, poor life, we die .... it all depends on the other. So I show you one way, try to learn, I leave this to flesh and blood after all this body lasts a few years and become worms. Everyone turns to worms, whether you're**

handsome, rich, powerful, millionaire, pauper or poor, no matter when it comes to the "lord of death" comes and everything you have is gone, all that love is finished, your children, your wife, your family, your wealth .... The game is up. You start from 0. If one day as I counsel, I can leave this fantasy, you will be truly free, you can travel the universe, born on any planet, reborn on this earth to live a few years .... and go out of the circle of birth - death. Whether you like or not like death comes a time that the "Lord of Death comes for you." It takes you by force or with your will (just want to die by choice)

So I advise you to open your eyes, all you see on screen is not real, is a screen image projected. There is nothing real. Follow my advice and look with the eyes of the soul and you can free yourself from this world and travel freely infinity, you'll never be born or to die because the soul never dies. The soul enters the body and uses it to learn and to do good. But most people only do for yourself without thinking about others, but for evil. Because when you die God will ask: what did you do during your stay on earth? Your only going to be able to answer: I've only done for me, for me and for me. That's what most people do. If you like Jesus or Buddha who dedicated his life to others, then you will leave the circle of birth and death.

If you want to be free and stop suffering, the only way is to understand that what we see is pure fantasy. Do not make more mistakes. As of now, I do for the soul of your consciousness, and you will be free for infinite time. Paradise is a wonder, all that you think of a second becomes reality. If you want a huge house, suddenly comes a giant house in your dreams. If you want a house covered with precious stones, with diamonds ... whatever you desire becomes reality. Logically with positive thinking, because there exists no negative thinking. Everyone who reaches this level, have positive thinking. Common to all.

Negative thinking, going to the territory of hell. Hell welcomes people with negative thinking, selfish that only make for themselves without thinking about others. If you want to be free, really go to heaven, all you have to do is to have positive thinking, full of kindness to others. Because the other and we are one. I give you an example: we are like a cell within a body and that body has millions of cells. We are a cell of those millions of cells that form the body. We are droplets of a universe. We are one not two of us. We are one with the universe. We are one with others. We all living beings form one. We and nature are one, not two of us. If you are able to understand this, we are all one, you can do for others with all your heart for others and we are one.



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## *38. - BECOMING IMMORTAL*

Hello. Thanks for listening, thank you .. How to become immortal. It's the most important. God says that there are over 84,000 ways or different ways to become immortal. The first and easiest is through the recitation of a Mantra: ie repeating the name of God. For Catholics, repeating the name of Jesus Christ, our Father or Mary concentrating 24 hours a day .. Just think of the name of God that we like, and when the time of your death, God will come and get you. This is the easiest way, especially for older people who are in a nursing home or at home and do nothing. It is the most direct and easy to get to be immortal. If you want to become immortal, just think of the name of God and not think about anything else. In Buddhism, we recite "namo Amitufo". This mantra recite the Buddha's name. In the Muslim religion, recite Allah In this case when you die Allah will come looking. Everything is within the 84,000 ways to become immortal. But not only serves to repeat the name of God. This is not enough. The most important thing is to think and feel with your heart while reciting. Reciting the name of God and think of something else without focus, no good. You must recite the heart. Although shout the name of God to be hoarse, if you do with the heart, not useful. All that serves is to recite and think the name of any God, that you like it, with all the heart and mind of every human desire. That is, stop wishing and love the things and people of this world, God, what you see, what you do not see, what you feel. All you have to leave with all your heart, but not force you to leave. If you force not going anywhere. Like us, when we move from one place to another, we have to leave everything to go. We can not let a piece of body in one place and another piece of body elsewhere. If you go from one place to another, you have to take your whole body. It means that when you want to be immortal and go to another country, you must leave this earth taste, just like when we travel. When we travel we let all our family and we go to another place. So to be able to become immortal, it is important to stop desiring the things of this world, what we see, touch, what we feel and everything you see and do not see. Everything should be left to go to another site.

When one day you become immortal, you can be born in any solar system and you will return to your home. Not like now, we're stuck here in this world. Again and again, 1 million, 2 million, 100 million years and we are stuck here and not able to get out. The universe is infinite. This land is in a solar system out of millions of solar systems. According to Buddha, the universe has infinite solar systems. We, if we want to be free, immortal, we just need to stop wishing. Before all this I have to leave this body, which we identify with a name. This is for me a few years. Some are born and die within days. Some die young, some old .... we can die anytime. No one to tell us our death, no notice. It is always a surprise. So we do

not know when we will die. Do not think that because you are young you can die and you have many years to be old. Nobody knows. In the cemetery there are many young, not all old. Think about it. Enjoy these few years we lived here, to learn to be free, to be immortal. As God, Jesus, Mary, Buddha, Allah ... We should all learn from them to become immortal. It's easy to become immortal. In one second you can be if you stop wanting the things of this world, so you can be immortal. If a person thinks and recites a mantra for 3 years or even one single second, can become free, a god, immortal. It is not a fantasy. In our home, we are all gods. We are here because we are confused, we are very confused. I think that this is immortal, and actually that body at a time, dies, rots and all over. No matter what we have achieved in this life, wealth, power, love, in 1 second you run out of anything, is = to 0. So this is not the real me. I tell you now: exploiting this body. The soul is in this body while alive. Further, in the spiritual world, everything is much more complicated and more terrible than on earth. Try to stay in that negative spiritual world. Demons are not like here. You can spend one day like 1 million years suffering!'s So painful! My advice, to stop the desire and taste for this I naturally not forcing yourself. You have to stop wishing naturally from the heart. Think about what is best for you.

Once you are free, you can travel to all solar systems. You can be born in any solar system. Our solar system is the worst system of all solar systems. The one with the lowest level. In our solar system, we can live up to 100 years maximum (some a little more). In the solar system closest to our life is extended at least 1,000 years. Systems are 5,000,000 1,000,000 years or millions of years. Life in these solar systems is equal, when one day he dies, all over. All we can do is stop this I want this body. This I not me, as I have said many times. This self is what we currently use it. This body moves, speaks, breathes because it has a soul within. It is like a lamp. If the lamp has no power, no lights. Is a lamp life. This is like the lamp body and soul as the current. You must understand this. You can not disappoint with the things of this life, we live a few years. In this life, spend more bad things than good. We know that this is not a paradise. We are like a frog is at the bottom of a well. We only see the sky well let us see, we are not able to see beyond, or travel between universes. We have to try to get out of the well. We will be free like the gods. There are many free gods in the universe and we are not free because we have not understood. Remember well. There are many more free gods that gods are not free like us. In this universe, infinite free territory where the gods want us all to understand the subject that I speak to you now, concienciamos want us to become free. My friend, there are few people who can advise you as I am doing now. Anyone who advises you to go either way, if you can not become free, is invalid. Lots of people talk about many things, but not lead anywhere. To get out of here, that I should leave. I does not exist, which is here today talking about in a few years will die, and you too will die and we all die and again people will be born again. The self is born, it is not the real me. You can not have this I think, or view the self from others. Because if there is me and there is another, you are differentiating between you and the other. To become immortal, you must first stop the negative self, the self become selfish and self serving everyone and no difference to people. Because we are all one, including animals

**and all living things. If you can understand this, what I'm saying, you can be free, that I can leave. This self is a fantasy. In a few years you die, so that self-body advantage to become immortal forever. The soul never dies. Believe or do not believe in the soul. The soul is in the body and our body moves because it has soul within. I want to listen to me, please. Get out of here is up to you. Not depend on any teacher, or anyone. No need to go crazy for any teacher. The only one who can save you is yourself. No one but you. Nobody can help you become immortal, no one can stand in your place, all up to you.**

**You're the one who can do it for you, nobody can help you.**

**Remember well.**



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### *39.-THE PUNISHMENT*

**Hello. Punishment. Consequences. takes advantage of others or hurt others to benefit suffer. Every act has consequences. People say if you do evil, God will punish you. But this is not entirely accurate. Anyone itchy, use, takes advantage of people, hurt people .... records these acts on his conscience. We all have a conscience within us, like a black box of an airplane. Everything is recorded any act, conversation. This is called consciousness. What you do wrong, you can hide the eyes of others, but the problem is that you yourself do not forgive.**

**Many people who do harm, can not sleep, is nervous ... Anyone in bad, creates a negative energy. Consciousness knows he has done wrong and this causes poor blood circulation. When you hurt people, you do it yourself because the brain where information is sent through the body, it crashes and starts getting diseases, tumors, cancer, blood does not circulate well .... We forgive but we can not forgive us our victim. Here's the problem: consciousness does not change anything. You yourself you will not forgive. You pay with health, bad luck, sometimes your negative actions affect your family, your children begin illnesses, accidents, bad business will come health problems .... all to fret .. Because when we do wrong, we generated a black energy negative. This negative energy is bad luck all around. Because negative attracts negative. comes, I assure you, I guarantee that no one escapes. god says so. Of that you can be sure, no one escapes. As so often in the papers, the police catch robbers or drug dealers ... when police catch them out all the money and the wealth they have accumulated and were thrown in jail. Get to the end no one goes well, boss dies well. Hurting neighbors, friends, family harm to society, the state, the whole world ... everything has its consequences, all the glass to pay. You can not bite others. This is the law of the Universe.**

**No one will be special. Everyone is going to judge himself and punishes himself. One day a question: God like you so generous, so good .. because your sentences people to hell to suffer? replied: No I'm not. So ... who was it?**

**Who has gotten so many people to hell and why. ? God says it has gotten into hell. He self-imposed punishment for their evil deeds. He himself creates hell to pay for their misdeeds within himself.**

**Hell does not exist. It exists because we create our own hell, we punish. We put ourselves under the type of sentence and punish us. God does not punish. Remember well. We have a "black box" like airplanes and nobody, not the gods, can take our consciousness where all our actions are recorded. Life is a dream, just a dream, if machacas to enrich people, when you die, what happens? all that money, that power, these properties where? do not you take it to the grave. Neither kings or millionaires, or pharaohs of Egypt,**

**nobody gets the wealth to the grave. forget why people take advantage of all this does not lead anywhere.**

**When you do bad, you yourself will shorten your life. Health affects you, you have bad luck. When old age arrives all ends badly. I have seen in my life plenty of people who pay expensive, very expensive. There are millionaires who bite people, deceive people, and therefore have earned a lot of money. Five years later, a bad deal and is left with nothing. way or another it is punished, at night you can not sleep affecting blood circulation. Never forget: If you say that God does not exist, is the same, whether or not there there is nothing to see. It is thou that God punishes you when you do wrong. God does not punish. So nobody escapes. Do not think "I have greatly hurting out" but you're okay now what will happen tomorrow? What about your children? and what your family? affects all the family. Never forget one escapes, not the gods, all the universe any living thing hurt will have to suffer the consequences. negative actions create negative energy and I guarantee that when the time will pay for them.**

**I beg you all: when we are born we bring nothing and when we die either. All I carry is our consciousness. Record is like a black box of an airplane, consciousness registers all the good things and the bad. Everything is recorded on your conscience. You can not lie to yourself, you know very well what you do. If you do not get anything because we hurt people because we take advantage of others. Why?**

**Our body depends on the air. If the air is not coming, it's all over. A heart attack, blood does not circulate ... and go. Suddenly, in an instant it was over. if you have a happy family, great wealth, good life .... if the air is not coming, you stay here. not here. comes after death. After you punish yourself killed, you condemn yourself to hell. Remember well, I repeat several times, Gods and Buddha did not always tell the truth lie. All actions have consequences. hurts to repent with all your soul. Then do good and help people to compensate. If only apologizes to God does not work. The only thing that can work is to repent and not to commit the same sins.**

**Start doing good by helping others. This may have health, long life, good luck all this. There is no other way, God can not help you, the only thing that can help you is yourself. No one else but you. God helps if you kill people, surely God will not help if you keep killing people. do this. So remember. Each and every one of us is responsible for our actions. The truth of the law of the gods, the law of the universe.**

**Nobody is able to jump. human punishes you and gets you in jail and not only that, after leaving prison, when you die your own hell awaits. Then be born as an animal, and once in hell you can not leave at least 1,000 years. No 100, 1000. selfishness when you pay with a thousand years in hell. worth. Think carefully before doing damage, not worth it. Think about it.**

**Jesus dies for the people and we always remember him. If you kill or do wrong, no one will remember. People remember Jesus Christ or Buddha because they dedicated their lives to others. So we always remember them. This is the only thing worthwhile in this journey to earth. Worth a good dream live on this earth. Please help the people to make this dream is a good dream. that we will live very well, heaven, on earth or in any other corner of the universe. is very important. Please do good for people, do no harm to people.**

**Please hear me, please try to help people, please I beg you. Life is like that: if you want everything right, works with all my heart. opportunity to do good for people. So much personal interest, whatever.**

**We get nothing, we get nothing: everything is the same.**

**Thank you very much**



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## 40. - VEGETARIAN DIET

### **Why should we be vegetarians?**

**The first reason is because we are herbivores, just watching our teeth you can see we have the same kind of teeth, such as horses, cows, have the same shape as the teeth we have, that's why we have intestines that are twelve times length of our body. Carnivorous animals like tigers and lions have fangs and his bowels are three times the length of its body. When you eat meat, they will evacuate very quickly, but since our gut is twelve times the length of our body when we eat meat, before being evacuated is rotten inside. Our body is part of the protein, calories and other parts of the body, the harmful elements.**

**Before, with cows "crazy" issue, even if the cooked meat, the virus is not dead, that's why many people died. We do not know what diseases can have an animal. Some monkeys with AIDS and had no problem, but when people started eating monkey meat, the virus is transmitted from one person to another and our body is not ready for that. Our body accepts all diseases and animal viruses. Animals can carry many viruses unknown to us.**

**Not long ago we had problems with bird flu and swine flu, some animals had the disease and did not realize that what we ate once we seduced and did not know how to cure it. If you do not know how to cure cancer, let alone can cure the virus from animals that are stronger than cancer, so how can we cure that? When you eat meat you are taking a risk, because it depends on luck. If you're lucky you can eat healthy meat free of viruses, but if you eat meat from an infected animal, such as chicken, pork, beef or any animal infected with a disease, no one knows because no one analyzes each animal, is impossible.**

**If you want to live happy and have a long life, you should stop eating meat, this is the first step. Second, according to Buddhist theory, all living beings are in the same category. We are smarter than other animals, but we are also animals, we are not God. If we are children of God, animals are also God's children, what are smarter than others. Universe can not be governed by the law of the jungle, where the strong kill the weak, never do that. Like some men hurting women because they are stronger and many women are murdered each year, this is not correct. All men, women and animals have the same right to live, no one has the right to kill women or animals.**

**You can not kill for pleasure and eating for pleasure. It's easy, just think, you want to be killed? I'm sure the answer is no. Do you like being hurt? No. If you do not want to be killed, not to kill others**

**who are weaker than you. If you do not want to be hurt, do not hurt others. You should put yourself in their shoes, be more human and understanding others. Do not use the law of the jungle where the strongest always wins, never have a good ending.**

**According to Buddhism, every person who harm others will be an animal in his next life, to be born as an animal.**

**All debts must be paid. Any person who has harmed others should pay for it, this is the law of the universe, everyone must pay.**

**If you do not want this, do not. Take care of each person who is around you, whether you know it or not, help them and is the same with animals. Do not hurt others and do not eat meat. If you want to have a happy life and good health, do not eat meat. If you eat meat, remember that you will have to pay for that, not only your health, but also with the laws of the universe, you'll pay for it.**

**Thank you.**



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## **SEGUNDA PARTE**

### **TEXTOS CORTOS**

#### **1. - BLOOD CIRCULATION**

**Life depends on blood circulation. If the blood does not circulate well, die. If it does not flow through the heart, we can have a heart attack and die. If it does not flow through the brain, we can have a stroke and death. Health depends on the bloodstream.**

**In order to have good blood circulation should practice yoga. Thanks to yoga and your mind, you can make your blood circulation and therefore, you will have no cyst or cancer.**

**I've been practicing yoga for over forty years, and in forty years I have never had to go to hospital or had surgery of any kind. I've never been sick and never felt pain.**

**So if you want to have good health, you should do something for yourself. No matter if you are rich, powerful and happy, if you want to live well and have a longer life, should practice yoga, there is no other way. Taking pills, which are chemicals, not good, more you take, the more it will damage your health.**

#### **2 - APPEARANCE**

**The thinking can change our appearance. If we negatively affect our appearance and becomes negative. When we are angry, we have the appearance of being angry, we can see it, and when we are sad, we have a sad look. If you want to look good, think positive always. If everything is positive: his appearance will be positive, your life will be positive, your health will be positive, be positive your future, your family will be positive.**

**It all depends on your energy and your thinking. If a woman wants to look beautiful, to be beautiful, be friendly and personable and succeed in your life, first you must have a positive thinking. Having a positive thinking will make your life and everything around you positive. If you think negatively, all life, all around you, your future and your wishes will be negative. Now you know, if you want to be**

happy and make your wishes come true, just think positively. Any person who does or speaks ill of you, do not let it affect you, as you will think negatively and that will be bad for ourselves. For our own good, do not worry about the situation or the environment, do not let us affect our mood or our thinking. It's always good to be positive for ourselves. I wish happiness to everyone. If you want to be happy, please listen to me, try their acts and thoughts to be positive, this is all that will be good for you. All negative acts such as murder, hurt other people, revenge, rightly or wrongly, people mistreat or harm to the family, friends, society and the state are negative acts.

### 3- BE A MILLIONAIRE

**How to have a good future and how to become a Millionaire.**

Everyone wants to become a millionaire. According to Buddha, every person who wants to be a millionaire, the first thing to do is give money to the poor and help the needy. By helping others, they are very happy, have a sense of happiness. This will improve your health, your wealth and help you make the right decisions. This is one thing. The second thing, I'll tell a story of the Buddha: Once a beggar Buddha offered a bowl of rice. All I had was this bowl of rice. The beggar said to the Buddha: "Buddha, this is all that I have and I would give it to you, even if I do not eat today is not a problem for me. Buddha I like to offer all that I have." Buddha said: "Come with me, I have something to show" went together to a well and Buddha said "it looks good". The beggar could see the image of a millionaire who lives in a big house full of servants, and full of comforts. The beggar Buddha asked: "Who is this?" And Buddha said, "You" "Me?" "Yes, in your next life you will be this millionaire because today offered me a plate of rice, all you had, and that is the reward for your kindness."

A millionaire who was listening said to the Buddha: "I bring a car full of rice for you". Buddha said, "Good." Soon, he came with a car full of rice and told Buddha, "The beggar gave him a plate of rice and in his next life, he'll be a millionaire, I will be king after." Buddha said: "Come with me, I'll show you, look at the good" The millionaire was an ox that was working the land swatting flies with its tail. The Buddha billionaire asked, "What is this?" And Buddha said, "you", "Me?", "Yes, all the money that you've achieved at the expense of the poor, and you have become rich. This will be your punishment. You have to work millions of years and born as an ox to return everything you took from the poor and because today has given me a car full of rice, this beef has a tail.'s not up to the amount depends on your heart. "

**A beggar Euro is the same as a million a millionaire.**

If you want to become a millionaire, all you can offer to those in need, those who are poorer than you, and you will receive the reward of becoming a millionaire. If you want to be a millionaire the only way, is to help people who need more than you. All donations to the needy, is multiplied by a hundred or a million times as a reward. The only way to escape poverty is helping others who are

poorer than you, help them as much as I can. Buddha says that then you will be rewarded and the Buddha never lies, Buddha always keeps his promises. Three thousand years have passed since the death of Buddha, and all he said has remained until today.

#### 4 - KILL

**Kill and kill. We are all children of God. Under no circumstances can we kill each other, human beings, animals or any living being. He who kills must pay a million times with his life he has been killed, according to the laws of God. Under no circumstance or reason, or under the name of God or any other name, do not kill, not be killed. This is unforgivable in human laws and God's laws. Animals and humans can not be killed. We eat animals that are weaker than us. Since eating meat, people are killing animals for us. If you do not eat meat, nobody will kill animals. Live and let live. Remember to kill any living being, directly or indirectly, pay for their sins, all of them, including the fetus, the heart is beating. Every living thing has a right to live, just as you or I, like everyone else. That's why we can not kill, no matter the reason, the name under any name of any God, we can not kill. Remember that whoever kills directly or indirectly going to go to hell when they die and will go through a pile of leaves. The soul does not die, but can suffer the pain of going through a mountain of leaves and die slowly. Once dead, they will rise and die over and over again for a thousand years for every life you have taken. There is no forgiveness, God's laws are worse than human laws. The other life is more complicated and harder than this life, with demons, much more complicated. Do not think that has to be seen to be believed.**

#### 5- NATURAL DISASTERS

**We think that natural disasters have nothing to do with us but in reality, it is we who cause disasters.**

**No fault of nature, the only ones to blame for humans.**

**First, is because our thoughts. People are becoming more selfish and more people are having bad thoughts. This negative energy affects the nature and the universe.**

**For this reason, people do not understand that this leads to natural disasters.**

**Thoughts are the first problem and the second is what we are doing. Pollution and other things that are damaging the environment and, consequently, we are suffering from the floods, typhoons, earthquakes ... We are causing it. Why are we causing this? Because they have not understood that we are part of nature, we are a whole and do not want to accept this fact. The nature, the universe and ourselves, we are one, not two.**

**If we realize that everything is part of us, and will not harm nature or the universe. We need to know who to avoid natural disasters. We are the only ones who can solve it. We have harmed nature, and now nature is against us, but not the fault of nature or natural disasters guilt "is only our fault. We need to raise this with pollution and industries that see only their own interests.'re not caring about people, the environment or nature, that is why we are experiencing these problems that are getting worse day by day. order to save our planet, to save nature and save ourselves, we must think we are part of nature.**

**For example, our body has a liver, kidneys, heart ... are part of our body. Our stomachs, our hearts, kidneys, intestines, a hand or a toe can not be damaged, as they are part of us. We must understand that we are one, we must understand that we are a whole. We are taking care of our body, our heart, kidneys, we are always trying to take care of ourselves. If you have a health problem you should see a doctor to solve the problem. We have to do the same with nature and the universe, then we will be paradise. If you do this, in the future will not have many natural disasters. It all depends on ourselves.**

## **6 - AND RICH MAN POOR MAN**

**Why the poor? According to Buddhist theory, all Poores were in their past lives greedy and selfish, it was for them and they never helped others, so in this life are poor.**

**Rich people, in their past lives were generous to the poor and helped the needy, so that in this life, who are rich, who are millionaires. If you are poor now, how can you improve your funding? A poor do not have much money, but at least he cents. A hundred poor have the same value of a million a millionaire. When a poor man gives a dime has the same value given that a million and a millionaire. In the eyes of Buddha, 1 cent and 1 million are the same, it just depends on if you help others in your heart. If you want to be rich, you must help people who are poorer than you, much as you can.**

**The people that have helped you as little by little, when you're old, you rich people that will help you strengthen your positive energy and all the positive energy of the people who have helped, will help you because you are a good person and good people will help you.**

**Nobody helps a bad person, no one helps a selfish person, no, because if you are selfish, never thank anyone and therefore, no one will help you. If you want help, you have the opportunity to be a good person and then everyone will help.**

**Before, I had a friend who was very poor. He used to sit in front of your house for sunbathing. A traveler walked past his door. It was summer, it was very hot and I was thirsty traveler.**

**The poor fellow traveler said: "Come to my house, sit down, cool down and drink tea, you can continue your journey later."**

**The traveler said: "You're a good person, you do not know me and you invited me to his house for tea, relax, and have turned the fan to cool my, you're a good person. What are you doing now?" My friend said, "Nothing" And he said "Why?"**

**The poor, said: "Because I have no money and I just studied a bit and have not found anything"**

**The traveler then said, "I see you are a good person. I'll help. Blankets I am making.'ll Give you blankets and sell them for me and give me the money. I trust you because you're a good person."**

**The traveler did and now my friend is a billionaire just by helping a traveler to rest. If you want a good future, should help people without asking anything in return.**

**If a powerful billionaire is mistreating people is selfish, never helps others, just wants to enjoy his life with parties and only spends money on himself and his family and anyone else who is enjoying this the fate of his former life, this sort will end very quickly. The vast majority of millionaires when in the elderly, sick and poor finish and nobody cares about them. So many games and money spent for friends who do not care about them when they are poor.**

**When you have money and want to have more money, good health, good luck and long life, all you have to do is help the poor and then you will always rich, always powerful, it will have a long life and have a good health, because when you do that, we will create positive energy and God will help, believe it or not, God will help you.**

## **7 - CONFLICT**

**We must forgive Anyone who hurt us. According to Buddhist theory will also forgive we must give thanks. You should not hold grudges and you forget the bad that makes someone else because when you keep all this inside you you hurt only yourself. Even if you're absolutely right, to get revenge and bitterness only hurt yourself. You can not live in peace, you can not live in peace, you always think negatively and affect your health and you can not have quality of life.**

**According to Buddhist theory, anyone who hurts us is because in your past life you hurt her. So in this life she will return the wrong you did. If you forgive him, the debt will be repaid, shall hold your peace.**

**If a person in this life hurts you, and you in the next life you hurt, then the other person in another life makes you hurt and you in the next life you hurt .... and so on, this cycle never ends, never ends.**

**If someone hurts you, do not worry, he will punish, punish his conscience. Perhaps ahead of the others do not want to admit it, but inside, during sleep, when alone, is going to punish himself slowly. Needless to God to punish. Each has its own consciousness and if someone gets hurt, he is punished much more than if you take revenge. It punishes much slower, harder than your own revenge.**

**For this you need to hold a grudge or revenge. If someone hurts you take it like you're examining you, as if you spent an exam. If you are able to pass this exam then you level. Therefore, you must remember that you have to keep in your inner grudge against people who hurt you. If you keep it, you will have many problems: nerves, stress, poor circulation ... thus affecting your life, get old fast, you're always sick, and your life is not going to get anything right because your thinking is totally negative. Never going to raise its head. To be well all you have to do is forgive. Forgive as if you forgive yourself. You have to forgive in order to live in peace and quiet, because revenge only brings more revenge and revenge and more revenge .... so you can live well. If you want to live well, try to forgive, is the only solution, there is no other. Do not worry, God and his conscience will punish him for you. Sure you will meet fully their punishment, God and himself will avenge you.**

**You do not need to do it. Do not hold grudges. Try living well. This is the Buddhist theory of conflict.**

## **8.- SMOKING**

**Cigarette smoking kills slowly. Every cigarette is within 5 minutes of your life. Each package says seriously smoking damage smoking kills, smoking causes lung cancer and all smokers, read this and do not care. Some are scared and try to get out of this habit. Before one of my yoga students tried to quit. You could stop for one year but was resisting. A year later, I could not take it anymore. Before leaving smoking a pack a day and after that year, he smoked three packs a day. Before long, he returned this year without smoking. That's why to quit smoking, you do not have to force yourself, it will not work and you will never be able to quit. To stop smoking for good, you are right for himself and convince himself. If you do not convince yourself, never quit, never. Convince yourself if you want to live longer, in good health, have a longer life. You should stop smoking if you want to have a good health and not suffering from lung cancer. For all these reasons we must convince himself. Sometimes it is possible to stop smoking with hypnosis. When you are hypnotized, you can see your lungs full of nicotine, so dirty and disgusting. One way to stop smoking is disgusting to see their lungs. The best way is unique and convince yourself that it's just a fad, it's not a necessity. Imagine you have a good family, a good business / work, living quietly with her children and very comfortable and at their best part of his life, dying from snuff. Would not it be a shame? If you were young, poor and have nothing, maybe you think it's okay, because you have nothing to lose, but that usually occurs when you are about 50 years old. People begin to die in the best part of their lives, when everything is resolved, everything is perfect. You love your wife, children and everything is perfect, but every time he takes a cigarette and smoke it, you are taking away from 5 minutes of your life. If you want to live to age 80, it's a pity I could die 50 or 60 years when it resolves lifetime. For your own sake, for your family, your children, think and convince yourself to quit.**

## 9. - ALCOHOL

**Alcohol consumption is prohibited. This means, do not drink alcohol. If you do, just drink a little. Alcohol has destroyed many families. When someone is drunk, how many crimes can be committed? By using alcohol, how many people have died in car accidents? And as a result, many families have lost their father, mother or children due to alcohol.**

**Buddha says not to drink alcohol. Remember that alcohol only causes misery, good things do not bring only misfortune to his family, to you, to society and many others. This is why you should not drink alcohol. If you start drinking and become an alcoholic, how will you overcome your addiction to alcohol? You will destroy your life, your future will be dark, there is nothing, no one will be next to a drunk. Do not drink alcohol if desired, you may drink a little. Alcoholism is bad for you, your family, to society, to the state, for all. When you're drunk can kill someone else, or doing anything outrageous. Remember that you should not drink alcohol, is prohibited by the laws of the Buddhists, do not drink. If you want to live happily with his family, not to drink alcohol so affects others. Do not drink.**

## 10. - WAR

**War only brings misfortune. In World War II, hundreds of people were killed, 500,000 million dollars were spent and the Vietnam War, 18,000 million dollars was spent. Imagine all the money lost. If that money were invested in third countries to improve their quality of life and stop poverty, the world would be a paradise. So many wars and deaths, what is good for us? Nothing, everything is negative.**

**In order to avoid a war, all countries should respect each other. Why? Because we are all one, all countries are one and form a whole. With a war, all countries involved will have deaths, spend a lot of money, people will die, they will become poorer and destruction will be total. Nothing is going to be good, everything will be bad. People need to know that death only brings misfortune. Killing babies, causing stillbirth or death of animals only brings destruction of our planet, nothing good. We must learn to be kind-hearted and forgiving everyone or every country. Do not try to make war, there will be deaths on both sides, this is all you will get from the war. We know that all human beings are one, and the universe are one, and nature are one. If you do not believe we are one and everyone just think of themselves, we now see the results, we are destroying nature and we are affecting the environment with global warming and also the number of natural disasters are increasing. This is happening because we are aware that we are all one. Remember, all this must be done sincerely turn Earth into paradise. All we do is help each other, because we are one. If a country is in trouble that can affect us. Like AIDS, the problem started in Africa**

and affected the rest of the world, so we should help any country that is struggling with all our heart. If we do not help them immediately, that will affect us and the world. We are one, we and the universe are one, one country to another are one, we are one, not two. We must not be selfish, otherwise will not work. If we work together, you'll be fine. War brings nothing good.

For example, in World War II, Hitler tried to unite all European countries by force, by making war. Could it achieve its purpose? No. Japanese tried to war to dominate the Asian countries could achieve this? No. Before the Romans tried to dominate Europe, could do? No. Why not? Because the strength and the negative ideas can accomplish nothing in the end, will be a failure. Many innocent people dying, war spending is very high and everyone is damaged, so that in no case can we make war, no matter the reason.

We are one, the fight should not take place between relatives or siblings, is prohibited. God says that it is forbidden, no matter the reason, we can not kill each other. If everyone should have a heart of gold, this world will become paradise. The most important thing is that the leaders of all countries must have a heart of gold. Leaders are servants of the people, not the heads of the people, should be humble servants of the people.

All that is good for people that should be done. Percent should not spend something that is not beneficial to people. Kindheartly Everything must be done, no matter the political party. What matters is that each political party must do, and I think the best for people. No matter the political standpoint, the most important is to do the best for the people and not to make war.

Now all wars are bad, only bring death, cause destruction to the world. This should be avoided because they are one. This is war and peace. If you want to live well, respect and care for nature, caring for animals and people, and they'll take care of us, so we can create a paradise on Earth. Some leaders and people are destroying the planet. To live well, remember that we are one. Any other country, person, animal, nature or universe, we are all one. If we understand this, we live in paradise. Thank you.

## 11.-SUICIDE

Every day there are many people who are suicidal. People who commit suicide think that once dead solves everything. You were wrong, they are wrong.

According makes clear the writings of Buddha, any person who commits suicide why,

if this person had to live 80 years and commits suicide at age 30, to live 50 years longer. He himself has killed. According to the scriptures of Buddha that person every 7 days your soul turns to suicide. As pain! How much trouble! All this fraud it has to happen every 7 days. If a person commits suicide by taking a toxic liquid, every 7 days will have to take that toxic liquid again. If he hangs himself with a rope, each 7 days you will have to hang from a rope .... this for the rest of his life. Imagine, if a person jumps from

a great height, you will have to jump off every 7 days. Before dying, imagine the pain that happens! After suicide the soul goes hell and punishable between 100 and 500 years there. After an animal is born as many years. All these people do not know and asks: Is there reincarnation? Sure. Why? Ask any teacher of hypnosis, see any book, Hypnosis has nothing to do with Buddhism, but explains that we all have a past, a present and a future life. That life is not just in this life, so the suicide complicated existence. Not solve anything. Any serious problem you have, it's like midnight, everything is dark, but after last night what happens? slowly rising sun, little by little things better. So if you have problems as you can hold gradually because the sun will rise and everything will be solved. When a person is lucky, has not put happy because after midday sun comes the evening and night, darkness.

Every person in life has bad moments, but should not be sad because soon the sun will come out. When does the full sun must not be happy because soon will come the dark. Such is life. Therefore, any problems you may have, do not attempt suicide. When someone commits suicide, what awaits him in the afterlife is an infinite time of anguish, punishment and suffering. Not worth it. If the suicide was solved everything, then everyone would commit suicide and everyone would be happy and we would like angels and saints later. NO! If you commit suicide or kill someone, you will have your punishment.

## 12. - ENVIRONMENT.

Hello. For the environment does not affect us, we must learn to move our environment: we move the environment. From this it is to live in harmony. Do not let it affect any situation. We must move our environment with love, thanking everyone and get a life with love. This is what Buddha says. If you thank everybody can have a healthy life and lots of love.

This is what Buddha says. You have to thank all the people with love so you can live very well. No matter the situation, you have to live with harmony, giving thanks to all people and all things.

If people hurt you, you should not get angry insults ... you have to accept whatever comes. As Buddha. Accept whatever comes, no hard feelings and thanks. People ask why we need to thank someone who wants to hurt?

Well, it's like passing an exam. So thank you to the heart, with the thought, that person hurts you. You should not get angry or hold a grudge. If you do this, you're wrong, you're wrong a lot.

We must learn how Buddha: If any situation, we accept it with all your heart, live with good health, long life, with many friends, with good future ....

The scriptures of the Buddha said: "Every day is a good day, any time is a good time, everyone is a good person, every thing is good thing, any thing is good business ...." If you can be like, going to live very well . Learn the benefits of Buddhism. Anyone who wants to provoke you, ignore him or protest, so it's like stick vacuum. If

**someone wants to hurt and you get up and start fighting, never end. If someone says something you do not like, do not mind him. While do not listen, he can not do anything. He wants to provoke you. If you do not stop cause you, you will never have fights. This person has to give you grief because you do not know and therefore tries to hurt you. But the damage he does to himself. There is nothing good for him.**

**We must learn that nothing will affect our thinking or our mood. So we can live well.**

**Do well in your daily life, in their daily lives.**

**This is the mindset to live happy, healthy, good looking and long life.**

**Thank you.**

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## **PART III.**

# **THEORY AND PRACTICE OF YOGA**

### *THEORY OF YOGA*

**Yoga, trying to help people, life is short, if you can help people have good future good health and long life and all the desires you can make. But before this should do for others. If only asks God and does for others can not get this get this wish. First aid to the poor with your actions, helps people in need, buy medicine for you people who have no money to buy, so you can extend life, improve health, because when we do so we feel well and happy and we very positive energy within us after cacti do good for others. This cheerful feeling you can help improve health and extend life. So must understand to realize your dreams.**

**The only thing that can help is yourself.**

**Thank you very much.**



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## *YOGA FOR HEALTH AND LONG LIFE HAVE.*

**I'll teach you, and through yoga and meditation can have health and long life.**

**If someone hears what I say now, is that is lucky is a historical teaching. It's not fancy. I practice this technique for a long time, 40 years ago. In these 40 years I have not gotten sick ever. Do not know what pain do not know what is a disease. This technique invented by me, mixed with TAO theoretical. Like anyone else, I can get sick and have a fever, flu ... but I through yoga and meditation, I heal myself.**

**Medications shopping in pharmacy, are pure chemistry, used to cure diseases, but you cure one thing and will ruin another. I cure one thing and it bothers other.**

**And then the whole body is wrong. You have to realize. Simply activate your body's defenses. Because God made our wonderful body, but we do not know how to use.**

**You have very lucky to hear my words.**

**I start teaching: first sit in this way as I do, with legs crossed, is yoga at its best. Any form of sitting or lying down, walking, in bed, in the chair ... is good because yoga meditation is from the mind by way of sitting. The important thing is that you are comfortable and nice, sit with your spine straight and hands clasped over his legs at ease. Some people put them separate and each resting on the knees, but if your hands can communicate better. But if you like the other manara no problem. You must feel comfortable / a. What you will like. The position has to be natural and comfortable and not distracted to maintain the correct position. For example when you put together the index finger and thumb, as many people like it, the mind has to be aware of not separating fingers or palms, ... the mind wanders to maintain proper posture. The more natural position is as I say, so no need to make efforts to raise the fingers or palms ... Eyes closed, the tongue above the palate without forcing and close mouth. Breathe through your nose, not your mouth. Breathing must be smooth and slow, about 30 seconds to enter and 30 sec. To exit. When you are relaxed you will not notice you're breathing, you're more relaxed. When breathing is strong, not good for health. The more nervous you are, the more you need breathing hard ...**

**To learn the technique of yoga there are three important things you should:**

### **1. - BREATHING.**

**First you have to learn to breathe. When does air have to puffing up like a balloon. When fans a balloon the balloon is great and when you take the air the balloon is deflated. It's what you have to do.**

**You have to get the air to below your navel. As the singers who can sing without breathing one minute followed. They enter the air to below the navel. We usually breathe into your lungs get tired so fast, you have to breathe to below the navel. As athletes, they can run many kilometers without tiring, because they use this breathing technique; enter the air until soft and entering it pulling it down smooth. That's what you have to learn and practice until it becomes a habit and breathe well 24 h.**

**Remember well, not just doing yoga you have to breathe well, you have to get used to breathing and 24 hours even when you're sleeping. The health of the body largely depends on the circulation of blood .. blood needs oxygen, without oxygen does not circulate well. The blood when it reaches the heart needs oxygen to debug return the rest the body clean. The heart purifies the blood and makes clean the rest of the body with oxygen. If there is little oxygen, blood circulates poorly, if the blood does not circulate clean you every few minutes you're going to be sick / ay you have large or small diseases. THE blood reaches all the veins, large or small. If the blood does not pass through the small veins, it stays at that point. And over time becomes a lump that can become cancer or other problem. Because blood has been wrapped in a point. And therein lies the problem.**

**To do yoga have to concentrate on:**

**If you are a man or woman who does not want children, point and concentration should be three fingers below the navel. In the center of the body.**

**If you are female and want to have children, you should concentrate the mind three fingers above the navel. In the center of the body.**

**Think about that site.**

**Remember well: breathing should be long navel to below 24 hours a day. If breathing is long, life is long if breathing is short, life is short.**

**Why? Because if short breathing not enough oxygen to the blood and body breaks down before. If you get a lot of oxygen, your body is active, healthy and well. Oxygen is life, if no oxygen is as death: what is dead? Is not breathing, that no air, no oxygen enters it is dead. If it gets less oxygen in your body, shorter life.**

**Two. - FOOD.**

**Each kind of animal has different diseases. For example, humans have been cancer and cancer of blood circulation. Many human diseases have come from animal meat. When we eat his flesh pollute their illnesses. AIDS comes from monkeys. The monkey has always been carrying the AIDS virus and have no problems can live peacefully. Like us we can have the flu and nothing happens. We always virus and nothing happens. The problem is that we have no defenses against diseases of other kinds of animals, so the AIDS makes another effect on us.**

**All animals have their illnesses. As in Asia, wild birds carry disease virus and people who have eaten these birds is ill, the virus has infected birds. The most serious is that it is spread through the air,**

**just breathing and you become infected and die. Everyone needs to breathe and may take 24 hours a bottle of oxygen to breathe unpolluted air.**

**So we should not mess with animals. We do not know what kind of animals can carry diseases. There are viruses that even if you do not cook them die.**

**Like a few years ago happened to mad cow disease, which had diseases and people ate their meat and died. This is very dangerous. Try not to eat meat for your health and your life.**

**There is no remedy. In this world nothing is free. If you want health and long life, some quirk you have to leave, no remedy everything has its price. Now and every day there are more vegetarians, not only for religious convictions also health. Some religions try to understand people, that every living being wants to live, such as tiny ant, tries to kill her and watch flees, refuses to die. And as we say, live and let live. Try not to disturb others, if they do not hurt do not hurt them. If you do not want to kill animals do not kill your animals. Do not do what you would not want done to yourself. That's what religion says.**

**It's like a human principle: we are animals, more intelligent than others but we are still animals. We descend the mono and evolution we have become what we are today. Therefore monkey genes are 80% or 90% as humans. Our origin is from the monkeys. We only animals that are smarter and we should not take advantage of our intelligence to others year to kill the weak. It's not fair!**

**As men are stronger than women, and when there is a problem, kill his wife, girlfriend or friend. In Spain in 2011 have killed more than 50 women. The strongest takes advantage of the weaker. It is not fair.**

**Everyone is equal before the gods.**

**It's not just that man kill animals for pleasure. So live and let live. No one can crush anyone, no one can take advantage of anyone, no one can kill anyone, even weaker. We must be compassionate to animals and more with women, which although weaker than men have the same nature as man, are equal to men, not less, are in the same category. Make no mistake.**

**Try not to eat canned food with preservatives, eat as natural as natural food better.**

**Three. THINKING.**

**Caregivers certified. There are people who commit suicide, jumping from a skyscraper and before reaching the ground these people die. Why? because he thinks "now I'll hit the ground and I'll be like porridge" with this shock before touching the ground this person is already dead. Just for thought. Thought can do evil or to us. So try not to have or maintain negative thinking and not hold a grudge for what we do others, not keeping you take away people. If you keep them within you, only negative thought you hurt yourself,**

**Because if you angry, anxiety, nervousness, sadness ... inside you affects the blood circulation. All doctors know. Because the brain is connected to the rest of the body via nerves to the spine, which is**

formed by "bone rings" which have communication with the rest of the body. When you have negative thoughts or affects nerves throughout the body. Because communication and power is blocked and does not reach the rest of the body and then you get sick / a. You should not have any negative thoughts even if you have absolutely right, but you're the victim. You always have to think positive. You have to have compassion for those people who gets hurt, it is the family, school, society has not taught well. Everyone hurtful, sooner or later they will pay dearly, to society, to the law, his life. Everything will go wrong, your life will be fatal. Everyone wants the best for him. And those people are wrong, because you think you're hurting, exploiting and deceiving others, is good for him. No, it is not. It is not understood that hurting others only hurts himself. You can fool others but not yourself. You know you are deceiving others, and the moment the others do not realize it, but sooner or later will realize and when that happens, you start to pay dearly for the damage you have done. If you give one good thing to people, people will return 10 or 100. If you do 1 time hurt people, people will return for revenge 10 or 100 times the damage you've done. So the numbers do not work out.

Think carefully before you hurt people. To have a good future, you should be positive and help people with a good heart and people will return to heart. If you cheat or you hurt people do not come near you.

Try to help and do for others. And this positive attitude, you will generate positive energy and have long life.

To have good thoughts, every day you have to do something positive for others. At least one thing. People who do not know. Why? As stated in the religion, if you do good for others, God will help you. If you help people you will feel good inside, you'll feel a nice energy. You'll be very happy and cheerful. This positive energy, be satisfied by your actions, much to your health benefits, to have long life and your future to be bright. Because you have a positive energy and it shows in your face. So everyone wants to bring to you. If you put demon face, who wants to approach you? Nobody.

So if you are positive, it is like a radio that has different channels, if you want to hear positive, everything will be positive, if you connect a negative channel, everything around you is negative. Each channel has a different wavelength, depending on the tuning channel you want.

So, you know?

Now I teach and heal.

First you have to banish all thoughts from your mind. In our brain, every second thoughts pass 2 billion. We do not realize it. And how to delete or out these thoughts? Through a mantra. If you are Catholic you can recite the Our Father or Jesus or Mary. Do not stop repeating that name within. Your thinking should focus on God's name.

If you do not believe in God, when you breathe air and between one thinks, when you return to inspire thinking 2 and so on up to 10.

If you mess up, nothing happens, you have to concentrate until you get to reach 10 without making a mistake. If you've concentrated

well, stop thinking about the name of God or the numbers are telling. Then you should concentrate on the site where you have the disease, bone, intestine, anywhere on the body where you feel pain. Think about that site. After relaxing you must focus on the place where you have the problem and tells your body to help cure this site. With sharp thinking, with all the desire call your body to heal that site: "cure, cure '

Like you're in a community, we call all the neighbors to help us. If another day another neighbor has problems, the entire community is going to help.

The agency only receives your orders, you must arrange with your mind firmly to that site to heal: "cure, cure, cure, and cure." In a few days you're going to find better, because that is your desire. Thought can help or damage your body. It's like a double-edged sword. If you think that somewhere in your body are going to have problems, I guarantee that soon you'll have problems with that site.

One day a doctor told me that every day in his office received a Lady pensioner complained every day a different site. He kept complaining. One day, the doctor gave her a bottle of pills saying, "Look lady, these tablets are miraculous, every day take one and you will gradually feel better. All health problems you are going. Do you trust me? The lady replied: Yes. "After three months, the lady returns to the query. The doctor asks, how did it go? And the lady replied: super good doctor, with these miraculous pills cured me everything. I have nothing. LA lady has nothing, everything is in your mind. She thinks she is old and therefore has to have problems.

The pills were nothing but Mrs. trust the doctor and the pills and cured. The whole problem was in their thinking.

A doctor can help 30% cure your disease, the remaining 70% depends on you. Think about it. Everything depends on you for your thoughts.

I in Barcelona I have a yoga room. I do yoga for over 10 years, is free.

I never charge for the practice of yoga. Any person in your life has to make important decisions. And for all decisions have to be relaxed, to get first you do yoga and when you are relaxed, you give yourself the perfect solution to your problems. Because if a person has many nerves, it can make a good decision. To make a good decision you have to be relaxed and nerveless. So this can help you a lot in your life. Life depends on if you take the right decisions or not. If you take right decisions your life will be wonderful. Do you?

So I always try to help people so everyone supports you and you will have a perfect path. Do not try to crush and take advantage of people because this is going to have negative consequences for your life. Not worth it. Your thoughts and positive actions you will help your health and long life and good future and good family. All you have to do it with a heart of gold and kindness, you become sure everyone with a heart of gold and kindness. So your life will be great. If you put in front of the positive side mirror, the mirror will become positive. Remember, if you have problems on a site,

**concentrate on that site. When you do yoga, disconnect everything mobile, phone, radio, TV ... There should be no draft.**

**Each day, any time, any place: everything is good. If you do this, you'll get what I've gotten myself in 40 years I have not had any disease. If you do not have your health you have nothing. If you have a perfect family, a perfect job, you are a millionaire .... But do not have your health, you are more dead than alive in bed, you can enjoy all this, you can not enjoy anything.**

**So in life, health comes first. If you have no health, no love, no money or anything, because you're more dead than alive. Listen and practice. If you have any questions, you can contact me through Skype and I'll answer.**

**Remember: we are all one. If you're fine, I'm fine and everyone is fine. If I'm wrong you're wrong and everyone else is wrong. One helps to another. If you help the other helps you. And everything will be fantastic.**

**Well, after doing yoga three times pulls air, all the air you can. When you finish with your hands rub all over the body to return to normal.**

**This technique is 100% effective. Because I myself have tried this technique for 40 years and it works. Above is free, what more can you ask?**

**Best of luck. And everyone is happy. Thank you very much.**



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## *PRACTICE*

**There are three positions for the practice of yoga.**

**This is the first posture. If you can not, you can extend your legs as well.**

**It just depends on what is most comfortable for you. Place your hands with your thumbs together. Keep your back straight but comfortable. Put your chin slightly down. Shut your mouth, eyes and put his tongue in the back of your palate. Before beginning, exhale three times to remove all air possible. I'll explain how to breathe properly. The air should be inhaled slowly and gently.**

**When inhaled, may find that the inhalation and exhalation are uncomfortable because they're used to breathing this way.**

**This is the first problem you may encounter, the inhalation and exhalation, are not uniform. The second problem you may encounter is that you can make noise when inhaling and exhaling. The third problem you may encounter is that good, but inhalation of exhalation is a kind of lock. As you inhale, breathe deeply in the lower abdomen and when air enters, they swell.**

**Exhale.**

**Inhale.**

**Do not inhale until your lungs only, which is incorrect.**

**The longer you breathe, the longer your life will be.**

**The shorter you inhale, the shorter its life.**

**Do not inhale until your lungs only, is incorrect.**

**The longer you breathe, the longer your life will be.**

**The shorter you inhale, the shorter its life.**

**Your blood needs to be cleaned a lot of oxygen.**

**Normally, people just breathing until their lungs and in this case, only a small amount of oxygen supply.**

**Due to this lack of oxygen, which have poor blood circulation and this causes the disease and the lack of defenses.**

**Try to focus your blood here in thy womb, 24 hours if possible.**

**Always try to take a deep breath in the lower abdomen, very gently and slowly inhaling and exhaling.**

**Inhalation and exhalation should take 30 seconds each, estaes the correct way to breathe. When you start doing yoga and feel, your mind is full of thoughts, probably, this is the first problem you may have. The second problem, when you have less thoughts, you will begin to feel sleepy.**

**The third problem you may encounter after passing the first and the second problem is boredom. The fourth problem, you stay relaxed and not move in yoga. Every second, we have twelve million thoughts that**

**cross our minds, in that case, you should concentrate all in one. The way to do is to count from 1 to 10.**

**Inhale and # 1, inhale again and count 2 and up to 10.**

**Sometimes, if you forget that the number was next, you must start again from 1-10. When a practice and once you are able to count from 1 to 10, without making any mistakes, you can advance to the second level. In the second level you can think of a way of inhaling and exhaling. You gradually feel that life is fragile, it just depends on the threat of air to live.**

**This is the second level. If you think you count from 1 to 10 is difficult, try substituting numbers mantras. For example, Jesus, Mary or God, or a Buddhist mantra "Amitufo". Take the mantra that you like.**

**Try to concentrate all your thoughts into one.**

**When you can master this, to concentrate all your thoughts into one, eliminating this single thought or mantra and then you'll be in the top level of yoga.**

**Thanks to yoga all diseases can be cured.**

**We are the ones that damage our health, therefore we can only heal ourselves. Doctors can only heal 30%, the remaining 70% depends on us, only we can heal ourselves, depend on our mood, our thoughts.**

**For that reason, all health diseases depends on us. That is the reason why there yoga.**

**Scientists have shown that they can have a sense of wellbeing with yoga. You can get better and heal stress and feeling jittery, all physical and psychological problems, but yoga should be practiced at least once a day, two or three times would be better. Take time in the morning, afternoon and night. On the morning after waking, afternoon and evening before bedtime. Take your time, 10, 20 or 30 minutes, depending on your free time. God and the doctors can not give good health, you must understand that you are the only one that can give your body healthy. This is important when practicing yoga, it should be in a ventilated, but draft should be silent and all electrical appliances should be disconnected, so will not be affected. You should aim for this point, the lower abdomen, 2 inches below your belly, right in the center and there is a chakra. The focus for young women is 2 inches above his belly, in the middle of this point is his chakra. Concentrate is the point because this is where blood pools and we, through meditation and concentration, try to circulate blood in our mind.**

**If blood circulates well, never suffer from any disease or illness, this is very important. If the blood does not circulate well, any small vein, if the blood does not circulate, it becomes a cyst and then a cancer and eventually you'll die.**

**If you want to have good health and a longer life, all you have to do is to practice yoga at home and follow my instructions on how to practice. If you do what I said, is very healthy.**

**I have no health problems because practical yoga.**

**In this case, correct posture is eyes and mouth closed.**

**When finished, you should exhale three times as you at first.**

**When finished you should do this with your hands and this to regain their normal body temperature. This is the way to practice. Inhaled air should go up here and concentrate on that chakra. OK, this is the basic yoga. If you have any questions you can contact me via Skype or email.**

**If any picture or sound comes on while you are doing yoga, any kind of image or sound, remember it's not real, it's just a fantasy.**

**If you want to concentrate well and you are doing yoga, so in a week or 2 or 3 weeks, depending on each person, if you are able to concentrate, you will feel the body, hence, begin to warm.**

**If you're doing well, after a half hour session is completed sweating, this is what could happen.**

**If this happens, which means that you are doing yoga very well, that's the reason you're sweating. If your body heat, which means you have a lot of thoughts that you can not remove and the air we breathe is not going in the right lower abdomen and do not inhale gently and slowly, so that no 're practicing yoga properly. First you must rely on your ability to do so. This is the first thing you should know, first trust in yourself. If you feel any pain after practicing yoga means the blood does not circulate well at that point and you have a problem there. If necessary, go to the doctor, you will realize that you have problems there. If you have any disease, yoga, concentrating, thinking at the point where they have problems with, I think at that point, concentrate and think that blood can flow, that this point can be improved with all his energy and concentration.**

**Final Yoga practice. When you are practicing yoga, some people will take one, two or three months, but after practicing yoga twice a day, at the end you will feel heat energy here, a warm feeling at this point.**

**Ten days after you start to feel the heat in the abdomen, feel that this energy is moving here and everywhere.**

**Never fear, when the energy starts to move, it is natural, because charging your energy. His blood is hot here, its warm energy is ready to run with your mind. At that point you should direct your energy with your mind for chakra beneath your anus, run your energy for the chakra and then through his back. You should direct their energy below and then behind his back. Then make it go up here, where we have another farm and then make their energy goes down this road, which is full of chakras, in your face and then to here. Here is another chakra and then return to the farm that is 2 inches below your belly, we focus on every day. In this case, your energy is moving and when you start doing yoga is heated and once heated, will start moving and will gain strength.**

**When you are at this point, you should avoid sex in order to have the strength to make your blood circulate and move the energy to go around your body.**

**Any person who achieve this higher level of yoga can start this energy in your body and never suffer from any disease.**

**Like me, I have never suffered from any disease, never, for over 45 years. Once you can start your energy and make it circulate through the body, I assure you that you will be healthy throughout life.**

**I teach you and you must follow my instructions. After you move your energy around your body, you will never suffer from any disease. All diseases are caused by poor blood circulation, such as cerebral palsy, blood flows in only one half of the brain so that the other half is paralyzed.**

**Thanks to yoga, blood circulates with enough force to go through the brain, not like before. When you start moving your energy with your mind, direct the energy to turn your body and all that was locked before you can re circulate well and then you go over your illness. Once**

**the blood is circulating properly, you can recover from any type of illness, such as paralysis, lameness or when you do not have enough strength in the arms or legs, or any part of the body where you feel pain or paralysis caused by poor circulation Blood.**

**When we sit too long, legs are numb and as sleeping and tried to lift, we have no strength to walk, paralysis is the same. A heart attack is caused by a blockage of blood flow in the heart.**

**Anyone who has these symptoms, and learn how to do yoga, then you can do yoga critical standing or sitting, concentrating and doing yoga can overcome this crisis and live longer.**

**Many people die in different attacks, heart attack, nervous breakdown, stroke ... Only yoga can relax your mind and direct the flow of blood and energy around the body so they do not suffer any disease. This is the goal of yoga. Believe me, anyone who says otherwise is wrong.**

**More than 5000 years practiced this YOGA. Yoga has been practiced for over 5000 years and I teach for free, so there is nothing, not a word in my own interest. As I have no feeling of interest, I'm teaching you how to practice traditional yoga in the past, only the Buddhist monks could learn.**

**Now I teach you how to have a good health. To accomplish this, you first have to relax and stop thinking. Now, I will explain the whole process in detail: First, to start moving and warm up your energy in this chakra. To achieve this, you inhale once and think "one", inhale again and think "two" and so on until "ten". If you are relaxed and can think up "ten", without having forgotten any number above, the second step is to focus the tip of your nose and think of as "the air in and out", "the air in and out", and then feel how the air fills the entire body, every pore. You feel your breath and you are one.**

**Think back to the tip of his nose, but in a different way, is like thinking that here at the tip of his nose, thinking without thinking.**

**Before I had to focus here, but now is as focusing only half pensar.En not think this case will feel your mind and body are slowly starting to feel relaxed, as if they were immortal, you will come. After that, when you are able to do this, concentrate on the air that you breathe, concentrate with all his mind in the air you can see, the air you breathe.**

**Both his heart and his soul must focus on the air going in and out, in and out, slowly, feel your body does not exist because it has forgotten its own existence and the existence of his body as they are concentrated in the air will feel that the air is just air, nothing else, this air is just a fantasy.**

**When you are at this level, will be at the same level as a yoga teacher, as if on the same level of Jesus Christ.**

**At this time, his heart is not already thinking about the difference between you, him, me or anything, because everything is going to be one.**

**You will have the same level as Jesus Christ, as a saint, this is the highest level of yoga. Thank you.**

**Yoga helps us to return to the stage prior to birth. Before birth, we were masters of yoga. Imagine that you are an unborn baby, her head down and breathing through the umbilical cord attached to his mother. Is breathing and eating with your navel you are breathing through the umbilical cord with the head down in a limited space and we could stay**

**for 8 or 9 months. If we were now put in a small bag, how long can we keep before becoming mad or have feeling of anxiety?**

**If before we were able to, now. Yoga is to return to that state, at the beginning before birth. Before we were all born healthy. Our body is spoiled with our desires, our quirks and bad habits. With yoga you can go back to when we were in our mother's womb.**

**Before, if I could stand being in the womb 8 or 9 months, as a yoga teacher, before birth, with the practice of yoga can go back to that time. This is the goal of yoga, back to the beginning so you will always have good health and thanks to yoga can live longer, have a longer life.**



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## *SPIRITUAL YOGA PRACTICE*

**Now you have to teach yoga as spiritual.**

**End of yoga. The "I" and understand that there. If you do not reach the level of understanding that the "I" of the body does not exist, of course acts as a human body and flesh. When humans stop, stop acting automatically and act as a human with all your conscience and soul as did Jesus or Buddha. Jesus performed miracles repeatedly, for example walking above the water, a piece of bread feeds everyone .... Making these miracles is very easy and simple: every person can do all kinds of miracles as stop all human thought and while let "I" of this body and act like Jesus or Buddha. All kind of miracle can be done like a natural thing. Most disciples of Buddha, when there comes a time and understand, let this "I" slave to this body. When he realizes, is freed from the bondage of the body, and becomes a saint and every saint can make any kind of miracle. Saints do not ask for money or wealth, this would be very easy, through yoga you can go to the future and know that things will happen, you know the numbers of the pool, lottery ... all can easily know. What happens is that when one person one day comes to the category of saint, and do not want all that. But if you want to go forward has not problem while forget this. This is you. If there is no "you" in this you can go into the future and into the past. You will be free. But this you have to remove from the mind, from your consciousness. The end of yoga is to understand that the soul uses this body to convey this theory. Any body is like a corpse, like a bulb, if not energized bulb is useless, but when the current goes to the bulb that lights up. The bulb as the body, the soul and the electric current. Only this is. If anyone understands this, you can travel between the stars but alive.**

**This image is in super master yoga teacher called "Tamo" that when once before reaching the territory of China, entered the Shaolin temple in a small town and does yoga for six years without leaving for nothing, without eating or drinking . Meditate for six years. This is a teacher of teachers, number one of all yoga teachers. On my website you can see an example of how a guy 15 years in Tibet doing yoga about 10 months without eating or drinking, this shows that yoga is not fantasy. Through yoga you can achieve what you want, just give up and forget this the "I". If "I" is not, this body does not exist and you will be free. Just like that, are we that we complicate. We take a fantasy and we believe it is real. As Cunado see in a horror movie and we are afraid, when we still live ends has happened, only in the thought that what we're seeing is real, but not real is a fantasy. So if you want to be a saint, a man who makes miracles, you want to be rich, powerful, millionaire, have long life, see all your wishes fulfilled, be a super man, forget this "I" and stop acting like "I "This body. Acts as Jesus or Buddha and all your wishes will be fulfilled, that simple, no need many years of study, no yoga, no.**

**Any theory of Buddha and Jesus Christ is like a medicine. We are now confused, we are crazy, we have the brain full of fantasies. The theory of Buddha and Jesus Christ is like a drug, if you take this medicine will**

**cure us of the disease of madness that makes us confuse reality with fantasy. When you take this medication and once you heal from this madness, and you do not need any kind of theory. It is as if we had to cross a river and we have to take a boat, well, this theory (of Buddha or Jesus Christ is like a boat, we got on the boat and learn the theory, and when we came across what we do ? got off the boat and what we get on the boat on the shoulders or leave the boat on the river bank?**

**Buddha said, "all this theory is like a drug, once you are cured, logically you stop taking this medicine. This is the future that awaits us. I hope that I and all of you together one day we can return to find in the afterlife. We can get to that paradise, the territory of Buddha or Jesus Christ and we discuss what has happened to us in this life. If you listen to my message, all of you one day you can return to our origin. Beyond where we come all. We must leave this fantasy and go home. Our house is waiting for billions of years, please do so and we all go home. We are all Gods, we are a star, please go home. Back to our home which is the infinite universe where there is no death, sorrow, everything is wonderful.**

**I beg you to stop this "I" of fantasy and back home together.**

**Thank you very much.**



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**END**

## *THANK YOU with HEART*



**Thank you, thank you with all my heart.**

**The important thing is that we have to thank your mother and father, friends to family to society, to the world. If within your heart always give thanks to all going to have good future, good health. Why? If a person can give thanks to their actions, not only by his words, be a good son good father, good mother ... if a person does not know to thank that person is not going to have good future, because that person just trying to capitalize on their family people society. That person will have good future. For if thou availest once, the second time will not let people take advantage of them. If you receive one you must return 10 times. If you know how to do this, you'll have all your friends, all your family, the whole society on your side and will always help you to make things right. Therefore, very important: the difference between humans and animals is that we have to be able to give thanks with heart, with actions not just words. As before happened in a village: There was a man who loved his dog. One day his dog died and every day he went to visit his master's grave until he died.**

**Even an animal knows to thank his master so much that he wanted. And we humans have to know that everything we receive, especially the father and mother who have given us so much help. If not for your father and your mother you would not be here today. 1st if your mother had aborted before birth you're dead. 2nd if you are**

born and do not care, you would not be here today. For all this, we have to return the favor to our father and mother who cared unconditionally. Not only with good words have to return everything your parents have done for you, also with your actions. Anything your father and your mother first. If we have a plate of food, you must first offer it to your father and your mother, that forever. If you do this, your children will do the same for you. This is good for you, your father and mother and your future child, grandchildren ... all depends on what you've done with all my heart. Just have to do with friends, if your friends help you not only have to say thank you, no. Your friends will help with events with facts can not simply give thanks and go. As it says here: "the words are gone with the wind" does not count. With just say thank you does not count.

If the family, society, state, world ... make you any favors, you must return those favors with actions not just words and must return multiplied by 10 or 100. In that case, your future will be bright and as a bed of roses. Any person who makes you a small favor, you must return it with great favor. If you do this you win the heart of everyone and everyone loves you. As your partner: you kitchen, keeps house, gives you love ... for all this you have to give thanks. If a couple lives giving thanks to each other, live very happy and the thing works. There is no hatred or vengeance. If you give thanks with heart, with words, with facts ... everybody loves you. If you know thank you you've earned the world. If you give thanks before a mirror, the mirror thanks you. My friend, I wish you all lived in a paradise, and that paradise is in our hands.

Lives with big heart full of pure love and thanksgiving.

Thank you very much.



BY Master Roger

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