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## TEORÍA Y PRÁCTICA PARA SER FELIZ



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



*FIRST BOOK by  
Master Roger*

## INTRODUCTION

***Master Roger creates a WEB page in November 2009 and his theory has been a great success accepted by the whole world. In three and a half years of existence, it already has more than 22,000,000 visits:***

***www.yogaespaña.es [www.yogaspain.es](http://www.yogaspain.es) www.yogaroger.com Master Roger's teaching is Universal. It covers all religions and all living beings have a place, be they people, animals or nature. We are all one and if we know how to love, respect and care for each other we can transform this world into a Paradise.***

***This book gives us tips on how to lead a happy life. The simplicity of the words with which Master Roger expresses himself make it possible for everyone to understand them and thus open the hearts of each one of us.***

***Master Roger teaches us how we should behave in order to have a good conduct in life and be good people as God requires of us in his 10 Commandments. Only then can we be happy.***





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## FIRST PART

# THE TEACHING TO BE HAPPY

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

Life is a dream, life is a dream. According to Buddha's "Diamond" scripture, all images are mirages, they are false images. All images of life are like lightning in a storm, appearing and disappearing in an instant. Buddha also said that the images, life is like the morning dew, when the sun rises, the dew disappears.

Life is like lightning, this happens in a moment, it is like dew. Everything that sees, touches and lives, what you are living with your eyes open, according to Buddha, is a dream, which is not real. Buddha and Jesus Christ, were have been people who woke up in their dreams. They realized that life was just a dream, that nothing was real, just a dream, nothing but a dream. Everything we see or feel, everything that is born, dies and disappears: things, people, power, money, property. Before you were someone else and in the future it may be your child or someone else's. Everything comes and goes, there is nothing permanent. That is, if you want your life, your future and after death to be positive, you must do positive things, and your life will be positive: you will enjoy the rest of your life in a positive way and after death you will enjoy a positive life. Positive things consist in helping others. Buddha and Jesus Christ dedicated their entire lives to others. They suffered and died for others, never for their own interest, because they realized that life was like a movie. The Movies we see are not real, there is a script, a director and some actors, we know that what we see is a fantasy, that nothing is real. What is reflected on the screen is an image, nothing is real, it is just a spinning movement of 25 frames per second, it seems that it is moving, but in reality it is only 25 frames in a second. Life is the same, you think that it is turning, moving, but it is not. It is like when we are dreaming. Sometimes we have nightmares and while we are dreaming, it seems to us that it is not a dream, we think that it is real, that is why we are afraid, we are tormented, our body sweats and we have a panic expression on our face. Suddenly, when we open our eyes, after being scared, we feel relieved when we know it's only real.

era            a            nightmare,            what            no            era  
People make mistakes, they don't know that there are two nightmares, a  
nightmare is when we are asleep, with our eyes

closed and the other when you open your eyes and you are living a nightmare within another nightmare, so you have not left the nightmare. It is the same as hypnosis. A command from the teacher, while you are hypnotized, such as "When I say 1, 2, 3, you will wake up and when I say "1 you say" Hau ", hau, when I say "2" ," you say "miao, miao" And and when I say "1,2,3", you'll wake up with your eyes open, but you're still hypnotized.

So, when the teacher says "1" you say "" hau, hau", when he says "2" and you say "miao, miao" with your eyes open, that means that we believe that we are not dreaming, but we are wrong, we are still dreaming. Life, from when we are born until now, is full of good and bad images with our loved ones, friends, people who are born, die, accidents, diseases and all things, die and leave us.

We see friends and loved ones die, but one day it will be our turn to die, at any time and without warning.

Buddha says that whatever he sees or touches, any kind of image is a mirage, nothing is real. Jesus Christ and Buddha dedicated to each other 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, they think it is real, that's why they do anything, whatever it takes, abuse others, take advantage of others, doing whatever, anything, for their own benefit, for your whims.

They want to have all their whims, with their bad thoughts.

They think: if I take advantage of this, how much profit will I get? But they are wrong, everything we do is known, it is a matter of time. Thieves do bad things, sooner or later they will be caught and go to jail, it is a matter of time.

Everything we do is seen, it is a matter of time. When you do negative things, I assure you, they end negatively. Many people in power and citizens are completely wrong when they are in favor of abortion and support the killing. Until now, 9,200,000 innocent children have been killed in the world. People have killed their own children, 9,200,000 babies. Those souls get lost, and chase their murderers, waiting for the best moment to take their revenge.

Remember, everyone has the right to take their revenge.

Imagine, if someone kills your child or kills you, won't you want revenge? I am sure that yes, surely he is waiting for the best moment to take revenge. All 9,200,000 souls are behind their murderers. Everyone who supports or facilitates the killing of innocent children, everyone who is in favor, doctors, powerful people, it doesn't matter who, will pay for that, for being in favor of killing. All those lost souls will go after their killers. Most of them, when they reach old age, none ends well.

Your children or grandchildren also end up paying what your father or grandfather did. This negative act will be paid dearly within this dream. Nothing is reality in this dream, so I recommend that you try to wake up from this dream, try to take advantage of this trip to Earth and thus this dream will be more pleasant for you, your family and everyone around you.

**Remember it's just a dream, life is just a dream, nothing but a dream. What is seen 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 yourself, your family, and others. Always be in favor of life, everyone has the same right to live like you or me. Even animals have this right, plants, trees and nature have the same right to live.**

**If we contaminate the water, we contaminate ourselves, if we contaminate the air, we contaminate ourselves, because we will be breathing and drinking that water. All this will affect ourselves.**

**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 taking advantage of your position of power encourages others to kill, kill, kill, kill, kill and kill, in the end, you will be the first, because inside of us, we have a thing called "consciousness". When our time comes, we are alone and we punish ourselves. We cannot escape the punishment of the gods or our own punishment, our conscience, we create our own hell, not the gods. We are punishing ourselves and we cannot run away from ourselves because we have a clear conscience. Each error is registered as in a kind of black box of an airplane. When there is 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 it also records good deeds that will be rewarded by yourself and others.**

**Please listen to me.**

**Thank you so much**



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## 2. *THE LOAD WE CARRY*

The load is the cross of each one, it is what we carry in our backpack. The more load we carry in our backpack (anguish, desires, whims...) life will be much more difficult for us.

Everyone has their burden, especially the burden of the past.

Never forget the burden of the past, those moments of anguish and suffering and all the negative situations of the past that accumulate in our thoughts. If someone tells you a word that you don't like, you put it in your backpack, if it hurts you, you also put it in your backpack.

How many times do people hurt you, deceive you and make you suffer! ... all this you put in your backpack. Even if you are absolutely right, all these negative things and unfulfilled desires, you put it inside and the more things you put inside of you, your burden weighs more and your cross is bigger and bigger. Your thinking is getting thicker and heavier and you can't walk well.

Look on the street, there are many people who can't bear their cross and end up talking to themselves, answering to themselves, they see ghosts everywhere, most of them end up in a psychiatric hospital. Before ending up in the hospital, most of them go to a psychiatrist to tell their stories, the doctor prescribes pills to control anxiety, and they become like a zombie. He can't control his body and he needs sleeping pills to calm down. He does not want to leave that self, the ego. You always think: I think, I do, I want, I, I, I... This me that we love so much dies soon, expires and then there is nothing left, this me is not going anywhere. And since you don't want to leave this self, the backpack weighs more and it's more difficult to move forward.

That is why you have to leave this self that hurts us so much, you have to release your thoughts, your desires, revenge, negative thinking, in short: release your burden. That's for your own good, if you don't release your load, it will weigh more and more. You test. Grab a backpack and start filling it: put a kilo, then 2 kilos.... 50 kilos, keep adding up to 100, 200, 500 kilos... how much weight will you hold? some hold up to 50 kilos and fall, others up to 100... but in the end everyone falls. How long can you last to live? It is important to release all charge. The Charge is something negative, it is negative thinking, everything that affects your circulation, emotions....

To release any negative act, all you can do is apologize with all your heart to the person you have hurt. It pays off the damage you've dealt so you can release your charge.

You have to go personally to beg for forgiveness, you have to do it with your heart, otherwise you will not be able to free yourself. If people hurt you, even if they don't ask for forgiveness, you have to feel sorry for those people.

No one escapes from their negative acts, everyone will pay sooner or later. It's a matter of time. You're going to lose everything if you don't release your load and forgive.

Everything you do wrong, don't think that nobody knows it: heaven knows it, your conscience knows it, others know it... and sooner or later you will receive your punishment. Don't hurt anyone. The moment you cheat, you steal.... people don't know, but in the future people will know. Whenever you do something, think that there are a million people watching what you are doing. Do not fool yourself, sooner or later it will be known and you will pay for your crime. If it were not so, the jails would be empty.

Each person has their moment and no one escapes their punishment. When you commit a continuous crime, in the end they will discover you. No one escapes condemnation. The problem is the justice of the afterlife. That is the most serious thing. Here there is only jail, with all the comforts; bed, food, gym, swimming pool... all the comforts... But the justice of the afterlife sentences you to 100 years in prison, then dismembers you and your soul rises again and again to go to jail and dismember you. You will suffer this pain for 1,000,000 years. Not like here on this earth, where being in jail is like going on vacation. When you die your nightmare begins. That with a lot of eye. Don't take everything so lightly. Believe it or not, the law of the gods is there.

Terrorists who don't believe in the laws are all in jail, believe it or not, they all end up in jail. Some presidents who have killed so many people, like the president of Syria, who is annihilating his people, will be internationally condemned. Negative acts are paid, no one escapes. You have to sacrifice yourself for others, not expect others to sacrifice for you. Like the president of Syria, if the townspeople don't do what he wants, he kills them. If the people rise up to protest because they don't do it right, the president should resign and not start killing indiscriminately to maintain power. Is this going somewhere? If you do everything for the people and sacrifice yourself for them, everyone loves you. If you do it wrong, nobody loves you and if someone loves you when you do it wrong, it is because they make a profit, they get a piece of cake. They are beneficiaries of your negative acts, they are all a band of demons.

To remove your burden you must understand that I, You and He are one. If you start to make differences then conflicts begin, because each one goes for their interests. If we thought that we are all one, you would always forgive others, because you always forgive yourself if you do something wrong. So you have to forgive others when they do wrong. That for your good. If you do not forgive another, you will carry that burden, that anguish, that pressure, sadness or desire for revenge, and you will not live well, your health will have many problems, that is why you must release this load, try to leave everything. If you cannot carry your cross, how are you going to carry the cross of others? There are people who try to carry the cross of others, you have to know how to live and accept that you cannot carry the cross of others. Each one has to carry his cross. Accept life as it comes: good or bad. If you do not accept it, you will accumulate weight in the backpack. The more you keep, the worse off you will be. It doesn't matter, don't take things so seriously, for your own good. You have problems like everyone else

world, but think that you yourself have gotten into those problems. If you only think about the problem you will not solve it.

People who try to pass their cross to you and you accept it, you do wrong. You already have a lot of trouble carrying other people's problems. If someone tells you their problems, you shouldn't worry, you just have to take care of solving yours, because if you don't, you're going to have more problems: yours and those of others, and your burden will be increasingly heavy. If you can help, do it but don't take on the other's concern. If you help others, you have to have a limit, because if you try to push that limit, you are going to have a lot of problems. Help whenever you can up to a limit and without burdening the concern of others. So you will live well. You help as much as you can, period. Nothing more and you forget about the problem of the other. You only have to worry about your problems, raise your head and I will face them. The body will live for a short time, the important thing is to live calm, peaceful and happy.

For that you must unload your backpack. Stop negative thinking. Because the more you save, the more problems you have and the harder it is to get out of this negativity. If you think everything negative, everything negative will come to you. Because you are calling everything negative with your thought. and you will have bad luck. You yourself have gotten into the negative and you are not able to get out because you do not realize it and then bad health comes, and nightmares.

This body is not me. We just use it. The soul uses it. One day the body breaks down and where is that I? So much struggle, so much money... your properties, your wonderful family... are you going to take it with you to the grave? sure not. If we don't take anything, what does it matter? if things go wrong, what can you do? this is our sorrow. Everyone has to live wonderful moments and difficult moments. Life takes many turns. If now you have to live the night, endure the darkness calmly. If you accept the darkness and wait for it to pass you will have no problems, if you do not accept it, you will have more and more burden, more anguish, more negative sadness... and it will affect your health. Everything weighs and is bad for you. Take this weight off for your own good. If you don't take out everything, it will be a problem for you and no benefit.

That's why he waits patiently for the sunlight to arrive. When you are with negative thinking you cannot make positive decisions because your mind thinks negative. That is why it is important that when you are in negative situations you think positive, so you will find the future positive. Stand in front of the mirror, if your face is negative the mirror will send you a negative image. If you put your face positive I guarantee that the mirror will give you a positive image.

So even if you have negative situations, always put a positive face, positive acts, positive words and surely you change the negative to positive. Do not envy anyone because they have good luck, surely that person has had their times of bad luck before, and you will also have your times of good luck. Life works like this, there are times of good luck and times of bad luck. If you're unlucky right now, don't tell me you've always been unlucky, I'm sure you've also had your phases of good luck.

Now it's dark but then comes the sun.

**Life is so. Good and bad. If you accept this with your heart, you will surely live very well.**

**Drop the load, don't put more load on your backpack, it doesn't matter. Accept what you have with your heart, because everything doesn't matter. If you accept what comes to you, you will surely get out of negative situations quickly. Bad luck goes fast. Try to help people, to do positive acts for others, so your bad luck will go away faster and you will find good luck. Many people need your help, give advice, volunteer, help people and so you can get out of any negative situation. Good brings good, bad brings bad. The others are you and you are the others.**

**That they have to know.**

**Thank you so much.**



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### 3.- *THE LAW OF KARMA*

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

If you have done good and help people, sooner or later you will 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 is mine but it is not me. These clothes are mine but they are not me, this appliance is mine but it is not me, this rug is mine but it is not me. My car is my car, house is my house... but it's not me. I own all this, but all these things are not me, they are mine but they are not me. You thought that this body is me, it is mine but I am not. This body is used by the soul to reincarnate, this body is to be used and thrown away. Just like a cigarette, when you smoke it you throw it away and that's it. The body, when it breaks down, dies and is no longer good for anything, it is thrown away like a cigarette.

And that's it, nothing more.

People wonder if there is reincarnation. Of course, and if you don't believe, consult the Internet, you can do a hypnosis session and you will be able to see your past life yourself. Your present life has to do with your past life. Because if there is no past life, everyone would be the same; everyone would be rich, have a long life, health... so why are many people born in a poor family and die of hunger? why do some people live so well and others live so badly? Why are there people who from birth suffer from diseases? Why are some people so handsome and some so ugly?

Because? All those differences have to do with his past life, they have to do directly with the Law of Karma. It is the law of cause and effect. As in this life, if when you are young you do not work and do not save money, when one day you retire, you will not have money to spend. If you don't save, there is no money.

People are mistaken and think that this body is me. No, it's not you. The Soul is you. The Soul is like the stream of light and the body is like the bulb. When the current reaches the light bulb, it lights up, the body is like the light bulb, and the Soul like the current. The body when it has a soul moves. When that body does not have a soul, the same thing happens to it as to a light bulb that does not have power: it goes out and dies. A corpse is a lifeless body like a light bulb turned off. Make no mistake that this body is not me. This body is yours, but it is not you. When you do something wrong, it is out of pure selfishness, it is for that body, it is to indulge this body that is not you.

If a millionaire has a million floors, he can't be on a million floors at the same time, he can only be on one floor at a time. Even if you have a lot of money, your stomach has the same

size than a poor person, only two or three kilos of food fit in the stomach, there is no room for more. You can't eat tons of food, the stomach can't hold 1,000 kg of food. All you have to do is understand that this body is not me. We are selfish to give whims to the body. If you understand that this body is not me, then you will 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 like the current, when the light bulb breaks down you change it and put another one, just like the body. No one wants to acknowledge that this body is yours but it's not you. If you understand this first step, it will change your life for the better. Please try to understand. Why do you do things wrong? so that?. Use the body to do good, because you don't know when you're going to die.

Every day a lot of people die, your body is not going to live forever, there are very few people who are over 100 years old, the cemetery is full of people of all ages. You don't know what your last day will be. If you understand this, you will stop being selfish.

When you die, your family, your wealth, your car, your house... everything you have, you don't take it with you to the grave, you can't take anything with you, you have to leave everything. Nobody takes anything to the grave. That's why you don't have to be so selfish and accumulate so many things. The only thing you take with you when you die is what you have done, your positive and negative acts. This is what you take with you and it will have consequences in your next life.

Positive or negative acts is the only thing you take away. That's what you take from this life. Watch TV... how bad there is! How selfish in the world! The worst are the politicians, because when a person steals from someone, he only owes that person. But the politicians who steal from the entire town, owe to the entire town, to each one of those people and in their next life they will have to pay each one of the inhabitants, to each one of the people in society.

Sooner or later we are all going to pay the consequences of our actions. If we do not pay them in this life, in the next lives you will have to pay for everything you have done wrong. Nobody escapes.

Any act you perform against the law, sooner or later you will have to pay for it. That is called the law of Karma. You have to become aware of this. You have to understand. With all your heart you have to believe. If a person does not believe in the law of Karma, they are capable of doing atrocities, like the terrorists who plant bombs and kill so many innocent people. A politician who steals millions from the people or wastes the people's money, does not believe in God, nor in his own conscience, much less in the law of Karma, that is why he performs negative acts because he believes that there are no consequences, because he is selfish and only think about your well-being. That will pay dearly.

Women who abort, later have health consequences, cannot have a clear conscience for having killed their child. If you cannot support that child that you have created, ask for help so that your child is born and then give it up for adoption, but do not kill your child. Everything has very negative consequences in the future. This is not child's play. If there is an unwanted pregnancy there are two culprits: the man and the woman. both are guilty and

responsible. If you like having sex so much, the man can put on a condom so as not to get the woman pregnant and the woman has many options to not get pregnant there are many contraceptive methods to not get pregnant. You can have sex a million times every day if you want, enjoy what you want from sex as long as it doesn't affect others. If on your whim to enjoy sex without taking precautions and not using contraceptive methods, you have to kill your own child because you don't want it, you are going to pay dearly.

caro.

What can justify a murder? a murder of his own son? If your father and mother had done the same to you, you would not be here today because before you were born they would have cut you piece by piece and thrown it away. You would not be here today. When you die, you will go to hell for at least 1 million years. They will put you in a pool of blood until you rot and die and then come back to life again and again... for up to a million years! Every day they will take you out of jail and force you to hug a column of incandescent metal so that you burn alive. Then they put you on a giant red-hot iron to burn to death. Who punishes you? You punish yourself, your conscience punishes you, your negative acts punish you. No one escapes from hell, all the people who hurt go to hell, no one is released from hell. That is what the law of the gods says.

Be careful, do not screw up because then you will go to hell. I only warn you, be careful what you do because everything has its consequences. I'm not saying that, it's the law of Karma. Jail here is like a vacation with all the comforts. The jail in hell is not like the one here. In hell you will suffer a lot for a million years to pay for your negative acts. Reincarnation exists, not because I say so. If you don't believe me, you can go to a hypnosis session and immediately you can verify that it exists. If by your whims, you make others suffer, you will pay dearly. That's why you watch very carefully. Proof.

That body will last a few years and when you die your nightmare will begin, at least you will suffer a million years. Eye! don't hurt people, don't cheat people, don't crush people, don't rip people off, don't kill anyone. We are all the same.

Even animals are like us, we must all respect each other, because we are all the same.

We are more intelligent animals, but we are animals.

We are all equal and there is no difference between each other.

Any organism big or small, it makes no difference. We are all the same. Don't crush anyone. There is the law of cause and effect, the law of Karma.

Everything you do later you will pay dearly. You will pay very expensive. Don't try to hurt people or go against the law. Sooner or later you are going to pay for everything. Some before and some after.

Think well before performing any selfish act. You cannot use your power or strength to crush the weakest. You cannot build your happiness above the sacrifices and pain of others. If you do this, your conscience punishes you, your friends punish you, your government punishes you, society punishes you, the whole world punishes you and most importantly: no one escapes. Any

negative cause will produce a negative effect. You always have to keep that in mind. If you do not want to suffer the bad consequences of your negative actions, do things well and respect the laws. Everyone is watching you, don't think that nobody sees you when you do things wrong. Everything is known. Anything outside the law: don't do it.

If there are no secrets and everyone is watching you, why do you hurt?  
Don't try to go above the law. You have to be convinced of this. Just 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, it is used by your soul.

Your soul is you.

Thank you so much.



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

**Hello, the three hearts are: the clean heart, the kind heart and the equal heart.**

**The first heart (the clean and calm heart)**

**The second (the heart of equality) is good for yourself, The third (the heart of goodness) is for others; is to help and serve people.**

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

**In order to have a clean, relaxed, calm and still heart, the first step you must take is to remove all kinds of negative thoughts from your mind. When you remove the negative thought then only the positive thought remains, so your heart is clean. The negative heart is bad for you: if someone crushes you and deceives you and does all kinds of harm to you, you should not have revenge because otherwise you will have problems. When you feel a desire for revenge, you get angry and distressed and it is bad for your health. The thought of revenge negatively affects your body causing stress and nerves and you can have health problems. That's why you have to avoid it.**

**To have a good mood and have good health, it is super important to stop thinking about revenge. To have a clean and calm Heart you must remove all kinds of negative thoughts and live life with positive thoughts and acts, so you can overcome all the obstacles that come your way in all areas of your life: family, work, friends... because positive attracts positive. Just like in front of a mirror. The image that the mirror gives is the one you have. If you want your whole life to be positive, try to get rid of all the negative thoughts. Change negative to positive. If negative things come to you, change them to positive. To change things to positive, you just have to think positive. If you think more negative, you will receive even more negative. If you always think negative, how are things going to work out for you? Thought is very powerful.**

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

**We are all children of God. Not just between humans. There is no one superior to anyone. We all have the same level, no matter the 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 they are rich or poor, from the nobility or citizens, there are no special conditions for one or the other. We are all the same. We are also equal before the law. In the afterlife we are also equal to the animals. The difference between animals and us is that we are more intelligent, but their lives are worth the same as ours. Animals are also children of God: insects, fish, birds, worms, all living things are children of God. Remember well. The water, the plants, the mountains, the earth, the universe... are children of God. That is equality. Even the cells of our organism have their own thoughts.**

**We are all equal before God. That is why we must all respect each other. When a woman wants to separate from a man and the man kills her, it is because he believes he has more rights and believes he is superior. There is no one superior. No one is superior to anyone before the law of the gods and humans.**

**If everyone thought that we are all equal, that we are all children of God, there would be no evil in the world, there would be no wars, there would be no murders, and this earth would be a paradise. If one country has problems, the other must help it and vice versa. If we helped each other, we would live very well, like one big family. A family always helps you: when you are little your father and mother help you, they give you everything you need to live and take care of you. When parents grow older, children must take care of them and help them. Just like between brothers who help each other when they need it. Everyone has their moments of good luck and bad luck. Just like countries when they have natural disasters such as droughts, floods, tornadoes... When this happens, other countries help to overcome this bad luck. Today it can touch one country and tomorrow another. We all need to help each other. So this world will be a paradise.**

**Wars are useless, they only bring suffering between brothers. We are all brothers because our father is God. Like it or not, we are all children of God. Neither the man is superior to the woman, nor the woman is superior to the man. Children are the same as adults. Fetuses before birth are also equal to us, not because they are smaller and are protected in their mother's womb, they stop being human beings. They are the same as us but smaller. You have no right to kill anyone no matter how small and defenseless they are. You are totally wrong. If you don't love your child, let it be born and when it is born give it up for adoption. There are many people who want to have children and cannot. There are many good families who want children but because of physical problems cannot have children. You must not kill your own son. The**

mother/father think they are superior to the baby, that's why they kill him. Before or after being born, babies are babies.

We are all children of God. That is what you must understand. The fetus before birth has the same condition as after birth, although the law of humans does not give it that right, before God they are equal to us. All beings that have a heart, big or small, we are all children of God. If you were to hear the screams of the fetus being cut piece by piece out of its mother's womb, it would break your heart. If you want to feel that pain, try cutting your arms and legs with scissors. Proof! You'll see what pain you feel. Well, the fetus feels the same pain. That pain is also felt by your son when you are killing him.

The third heart: The heart of kindness. The heart of kindness is the heart towards others. You must help those most in need. If you can help with €1, help with €1, if you can give €10, give them, help with €10. Help as much as you can. With the money you have left you must help. If you help your energy will be positive and your life will be positive. You yourself will feel content and happy.

1 help with money to people in need.

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

3 become a volunteer with your spare time, help those in need: elderly, sick, try it! so your life will be wonderful. Your deeds will be returned to you with interest. If you help with money you will soon receive more money, if you help with words every day you will be smarter, if you become a volunteer you will have good health and a long life.

These are the three hearts. If you act with all three hearts, your life will always be positive, you will live happily, you will have a long life without illness and when one day you die, I guarantee that you will be in paradise with God. If you do as God commands, logically you will live in a Paradise with God. On this earth you will live like in a paradise, and when you die your soul will be in a paradise. You are going to have it all. I want you to accept my advice. Think positive, speak positive and act positive and your life here and after death will be positive.

I wish everyone to act with these three hearts.

Thank you so much.



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## 5.- ONE GOD FOR ALL

Three religions are one. Muslim, Catholic and Buddhist. The three are one, they are the same. We are all children of God. The Catholic prays to the Father who is in heaven, the Muslim: to Allah and Buddhism to Buddha. Jesus Christ, Buddha, Mohamed are all children of God, they are children of the same God, it is like a father who has three children. They are from the same family. That is why you have to understand that all religions are part of the same family. It is the same father. We must help each other, people from one religion to another, from one race to another race.

For example: gasoline, this fuel is used for any type of car, all brands use the same gasoline made from petroleum. That gasoline is like the soul, our energy. That energy from the soul enters our body, it does not matter if you are beautiful or ugly, poor or rich, it is the same, there is no difference. God is powerful, kind and intelligent and sends his children depending on the culture and customs of each country. So people better accept his teaching. So that this earth is a paradise. This is God's goal. God makes no difference between races and religions.

All the teaching in the three religions is practically the same, the aim is to become good people. We should not kill each other because we are brothers, children of the same God. Same for everyone. Allah mighty, Jesus Christ or Buddha is the same person they are just born in different countries, in different cultures but they are all the same. Every race, every person born in different places and cultures, we have the same soul. If you can understand this, in this world you can finally live in peace. There will be no wars or crimes, because all people are children of God. The only difference is that some were born princes and others beggars, because in the past life some did good to people and others did nothing or just lived selfishly. So if in the past life you were selfish and hurt people, logically in this life you will be poor, you will have nothing. If in past lives you did good for people in this life you can enjoy. But if you only enjoy, you are spending the merits of the past life and if you don't do good for people, soon you will spend your credit and start over.

The rich man is not rich because he has eight arms and two heads, no, or because he is more intelligent. Everything comes from the past life. When you have power and wealth in your hands you must help people. Never order to kill or make wars, that shortens your luck and your health. People who kill or harm others and still live, it is because in their past life they accumulated merits and have not yet spent

**all your credit but at any time you can be left with nothing. It is as if a father leaves a lot of money in inheritance to his son and**

**the son does not stop spending on nonsense and immediately spends his inheritance.**

**In one night, everything can be lost. For example, in a casino in a short time you can lose 1,000,000 dollars. Like the rulers when they say "abortion, abortion, abortion..." beware, they are spending all the credit of their past lives. Health, wealth, money, your luck, your life is going to turn negative quickly. Careful! Don't waste! Take the opportunity to help people. You should not keep a penny from others, because you will pay dearly. God is going to punish you at any moment, do not take advantage of others, or take advantage of taxes to enrich yourself or benefit your family or friends. You will pay dearly for this sooner or later. Sure. No one escapes.**

**You cannot finance abortion so that the poor mother who has no idea of the consequences will kill her child, because it is as if you were killing your own child. Because we are all one. All negative produces negative, it becomes a demon for you. It is not a kid's game. I hope you can understand what I am saying. If you cause negative, you punish yourself because the negative comes back to you. Human law does not punish you but your conscience does. Hell exists, whether or not you believe in God, justice will condemn you the same.**

**It doesn't matter if you believe or not, if you do wrong, you will go to jail. No one escapes and above all you punish yourself. So when you have power or wealth, take advantage of it and help others. So in the next life you are going to live like a king. Remember well: if you do good to others you do it to yourself. It is worth doing for others. Like porn actors/ras. The worst crime is porn.**

**The more porn you make worse, the worse you will end up. You will have a fatal old age. Nobody ends well. Your children, your grandchildren will end fatally. Remember well: do not go against God's law, it is not child's play... God is powerful, at any moment there can be an earthquake, typhoon, flood... any misfortune and we are left with nothing. Within 30 years the world population will be 70% smaller because there will be many earthquakes and natural disasters.**

**We do not take care of nature and the environment, there is a bigger and bigger hole in the ozone layer, every day we pollute the earth more and what happens? We pay the consequences, the weather goes crazy, those are the consequences.**

**The more we pollute, the worse it will be for our planet, and we live on this planet, there is no other to live on. We must take good care of it.**

**We must not differentiate: three religions is one, the same God. Many people do not understand: Allah, God the Father and Buddha is the same person. The only thing that depends on the culture, country or race, changes the way to reach more people, to reach the whole world, it changes depending on the culture. It's all the same, different look**

but it's all the same. Different way of teaching but the goal is the same: to become immortal.

Making the teaching understand and teaching to be good people is what I try to reach all corners of the world. We are all No. You have to understand that. We all have to help each other because we are one big family. There is no me, you, him, No. We all have to help each other. In order for everyone to live well, the rich countries have to help the poor countries.

Everyone likes their country of origin, no one wants to flee and even less with a boat crossing the sea with many dangers, no one. If the rich countries helped the poor, were in solidarity with them, no one would leave their country looking for a better life. If we really all felt one, the rich countries would help the poor and each one would live in their country happy and in peace. What happens is that rich countries are selfish and only take care of their people. If there were no difference between me, you and him, if we all felt one, this world would be very happy, it would be a paradise for everyone.

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

Remember we are all one.

Thank you so much.



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## 6.- THE TEN COMMANDMENTS OF THE LAW 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 Buddha Law:*** You shall honor your father and your mother. You must treat your father and mother well, with heart. Because your father and mother have given you life, they have fed you, they have cared for you, they have clothed you, they have given you an education with all their hearts. This is the first Commandment: honor your father and mother. When you are older you should not have an abortion even if the law allows you to do so. If your father and mother had aborted you would not have been born.

Your father and mother gave you life, they gave you everything. If you abort you will have negative consequences for your future. Keep an eye out! I advise you to respect life. Do not kill any living being, not even a bug, not a worm, much less a baby before being born, blood of your blood, you have to understand that. Nor should you, Kill nature; cutting down trees, polluting the air, the water... all this is killing nature. You must help people, make them understand with your actions and words that you should not kill any animal.

When we kill an animal and eat it, we don't know what virus it may have and what can contaminate us. Like monkeys, by eating monkey meat many people have been infected with the AIDS virus, millions of people in the world have died from this virus. By killing and eating cows, many people have also been infected with the mad cow virus and have died. It has also happened by eating bird meat, many people have been infected by the bird flu virus. If you eat animals, you can get infected with their viruses.

***The second Commandment of the Buddha's law:*** Thou shalt not steal. Stealing money that is not yours or doing anything to get money that is not yours is stealing. Like the politicians who govern and steal the people's money through commissions. Their conscience knows that they are stealing. By charging commissions, any work is more expensive and who pays are not the politicians, they are the citizens who pay with the money from the taxes. In a few years you will enjoy that money you have stolen. When you die, the suffering of hell awaits you for billions of years. It is not worth stealing or accepting bribes or kickbacks. Sooner or later you will pay dearly.

Your name will be stained and you will look bad in front of your family and society. If those who steal listen to me, quickly return the stolen money and do good deeds to clean up the offense.

***The third Commandment of the Buddha's law: Sex.*** This is the greatest crime in this world. There are two types of sex with thought and with acts. How many people have died for sex? Women who sell their bodies for money to satisfy the whims of men. Sex within the couple, within marriage is correct. Outside of marriage it is wrong sex, it is a crime and you will pay dearly. Sex outside of marriage is not allowed under any circumstances, under any excuse, not even for love. If the woman makes porn movies or shows her intimate body to provoke men and incite them to have sex, they will pay billions of years to hell. Do positive things for people.

***The fourth commandment of the Buddha's law: Thou shalt not lie.*** When you tell lies you cannot lie to yourself. You can fool people but you can't lie to yourself. You know when you lie. Don't try to manipulate people with your lies. Lying when you die is punished by stretching out your tongue and cutting it into pieces. Careful. It's not worth suffering millions of years to tell lies that don't go anywhere. If you lie to people then no one is going to trust you. Your life is going to be a mess.

A lying person is not a person, he is worse than animals. Never tell lies, even if the truth is not in your favor, always tell the truth. Since people who go to court tell lies to win trials, this entity goes to hell. You can fool a judge but not your conscience. When you die everything is recorded and known. In the afterlife everything is known.

***The fifth Commandment of the Buddha's law: Do not provoke fights.*** Inciting fights between people or criticizing someone to clear your conscience and make the other look bad is a crime punishable for millions of years.

***The sixth Commandment of the Buddha's law: The word.*** Do not say bad words to others. Respect the other. With words you can kill people and you can make people sick and upset. Watch your words and don't hurt anyone with them.

***The Seventh Commandment of the Buddha's Law: Do not incite people to have sexual relations.*** Do not provoke anyone to commit sexual acts. That has to know. Very important. You should not recommend porn movies, night clubs... so that people go to have sex or commit adultery. This is a felony. Eye!

***The eighth Commandment of the Buddha's law: Leave desires.*** The five desires that summarize the others are: desires for fame, sex, money, food and sleep. The desire for Fame: Many people for fame sacrifice anything. With this, be very careful.

The desire for Sex: For Love or for whatever, in this world there are many deaths for this reason. Finding any excuse to have sex is a crime. It does not work. Under no circumstances can you not have sex outside of marriage. No excuse works. You have to understand that. The desire for Money: For money, corrupt politicians charge commissions to get rich, deceive people, steal from people, kill people, sell drugs, hurting people, that has its consequences sooner or later they will pay.

To enjoy a few years is not worth the rock. Better to earn less and live better. The accounts do not come out. Earn money legally.

The desire for Food: We need to eat, but we must not abuse food, especially meat. All species carry their viruses.. they have caused many deaths. Not worth it. Poultry meat, beef, monkey meat... The whole problem is that we kill the poor to encourage them to eat. I have been a vegetarian for 40 years and I have never had any health problems. The teeth we have are like cows and horses, we are vegetarians, we are not prepared for meat like tigers or lions. Our intestines are very long and it takes us two weeks to expel the meat and that is why it rots inside us, unlike cats that quickly remove the meat they eat. The desire to sleep: Many people like to sleep. But sleeping a lot can cause health problems.

The body needs to move, if we don't move the body breaks down. That's why you have to sleep just enough, not too much and not too little. Just enough. When you die you will be able to sleep for millions of years and no one will bother you, so don't worry.

*The Ninth Commandment and the Buddha's Law: Do not commit revenge.* You should not have revenge towards others even if people hurt you, crush you, you should not take revenge. If you don't leave that thought of hate and revenge, the first one that will suffer is you. If you carry that burden every day, it will negatively affect your life.

Even if you are absolutely right in the world, forget that thought.

For that, the only solution is to forgive, because sooner or later the other is going to have the punishment they deserve. The law of the Gods will see to it that he is punished. You don't have to worry. Revenge is bad for you. You have to understand that and you must protect yourself and not carry that feeling of revenge inside of you because it will only hurt you. Forget it. Do not put more garbage inside you, even if you are absolutely right in the world. Don't worry, everyone will have their punishment.

*The Tenth Commandment of the Buddha's Law: Do good and not evil.*

A person who knows that what he is doing is wrong, and continues to commit that crime. It knows it hurts and it goes on and on. You will always end up in jail. He knows what is good and what is evil but he continues to do evil. He does not listen to anyone's advice. This person has a lot of negative in his head.

These are the 10 Commandments of the Buddha's law. If you can fulfill these Commandments, when you die you will be born in paradise to enjoy at least 9,000,000,000 years. If you do not fulfill them, you will not be able to enter paradise and the suffering of hell awaits you. That's why think about it. few years we will live.

Try to do things well done.

Thank you so much.



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## *7. THE 10 COMMANDMENTS OF THE LAW OF GOD.*

The 10 commandments of the law of God. Why does God warn us of these commandments? These commandments are binding on everyone. Every person, all God's children must comply with these 10 commandments of God's law. When any person fulfills these 10 Commandments, he is a true child of God and when he dies, he will live in the kingdom of God. You can enter the realm of the gods. You must fulfill 100% of these commandments. It is like a passport for entry and once you enter the realm of the gods, it is forever. On this earth, only 20% of things go well for us, 80% do not go well or go wrong. On this earth we live with anguish, problems, fears, with death... and all kinds of negative things. In the kingdom of God life is infinite, remember well, when you enter you have a life forever. When a pure and clean soul arrives in the kingdom of the gods, having fulfilled the 10 commandments, until you fulfill these 10 requirements you cannot enter. God tells us clearly, once you enter you have the category of Saint. A Saint never dies, his life is infinite and not only this, everything you think about at that moment is in front of you. This means that if you want to live in a palace made of gold and diamonds and precious stones, if you want to eat any kind of food you can imagine, everything you think about comes out. You can live with the people you love the most, with your children, your friends, with whoever you want forever. Not like here on this earth that each one goes for their interests. For example, in Spain, 65% of couples who get divorced, no one has a pure heart, that's why they have problems. When you get married, you swear before God that you will love that person for the rest of your life, for better or for worse, and then that thought changes. That is not like the kingdom of God, there everything is positive, and you can travel between the stars to any place in the universe. Our solar system is not the only one, there are millions upon millions of solar systems. You can travel and live where you want and with whom you want. You have the category of Saint.

The ten commandments is the only thing that is required of you to enter the kingdom of the gods. If you fulfill everything that the gods demand before you die, then you will be a pure soul like Jesus. If you can fulfill it you will be like Jesus Christ.

Now I am going to talk about these 10 commandments:

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

**WHAT DOES IT MEAN?** Love God above all things on this earth. Because? because everything you see and touch is not real, it is pure fantasy. Everything you own, property, money, titles, anything you have, at any time when you die all things disappear and you have nothing anymore. When you die you take nothing with you. Everything you have disappears. You are left with nothing, there is nothing of yours. What you have on this earth is for use on this earth, when you die you will not take anything with you. same as when

we are born, we bring nothing into this world. When you die you have to leave everything, you can only take your good and bad deeds, it's the only thing we carry. If we keep the 10 commandments when you die, God will come looking for you, if you don't keep the 10 commandments, the devil will come to take you to hell. The trials in hell, you can't hide anything, it's like your conscience is connected to a screen. All your thoughts, all your bad deeds, are seen. It is not like the trials of this world that in front of the judge you can tell lies. In the judgment of hell, everything will look like a movie, you don't have to say anything. In hell you see everything. Our conscience is like the black box of an airplane that registers all your good and bad acts. You will never deceive yourself, everything is recorded because your mistress is clean, it is your thought that is negative, that is why the soul records everything. No one escapes and the punishment will come the same. Once you enter hell you don't come out until after 1,000,000 years. And every day you will be tortured until you fulfill the punishment for your negative acts. It's not like jail here on earth with all the comforts.

Remember well: do not enter hell. Do not go against the commandments of God's law and you will have your reward. You will love God above all things, because God is forever. Do not think that you will live many years, because any day could be your last day, any night could be your last night. Nobody knows. At any moment you can die. The cemetery is full of people of all ages. We are travelers on this earth. If you pass these 10 tests you can go to heaven forever and if you lead a negative life you can go to hell forever. If you are negative and bad, only the demons will want you and hell awaits you.

## **SECOND: YOU SHALL NOT TAKE THE NAME OF GOD IN VAIN.**

This means that you cannot take or name God so lightly. I swear to God!" .  
People say a lot: " This is prohibited.

You are making a big mistake, you cannot fool God. God is powerful, unique, he knows everything, he is our Father. We cannot use his name so lightly, we have to respect the name of God. Do not make false promises in the name of God. You cannot 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 with different names: Allah, Buddha, Our Father... each one as they want but there is only one God. It doesn't matter what name we give it. The ten commandments of the law of God is for all the children of God, regardless of race or color, white, black, yellow, red... no matter the color. We are all children of God; women, children, handsome, ugly, tall, short, powerful, millionaires... we are all equal and they will all be punished in the same way.

## **THIRD: YOU WILL SANCTIFY THE HOLIDAYS.**

What is more important? go to a party or go to church to hear the word of God. If you don't believe in God, you will never hear the word of God. If instead of going to a party you go to church to listen to the word of God, to learn and then think and act as God commands, you will be a Saint and you will live in the kingdom of God. That is why in your free time you must listen to the word of God, you must go to church at least once a week to listen to the word of God. This will

it will benefit a lot. Don't be so selfish, because selfish people end up in hell.

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

You must be a good son. why does God say this? Because your parents have given you life, this body has not fallen from heaven, they take care of you, they feed you, they give you shelter, they give you education, they give you love. They give you everything when you have nothing and can't take care of yourself. You owe many favors to your parents. In the world every year more than 10,000,000 abortions are performed. Those people are negative, bandits, demons... After their parents have given them life, care and love, they don't follow the example of their parents and kill their own children. These people rely on the law, because the law says that if a baby is born, you can't kill it, but if it hasn't been born yet, it can be killed. So those negative people go to the hospital to kill their children with the help of other demons who are the nurses and doctors who perform the abortion.

With knives and scissors they begin to cut the baby piece by piece so that it is not born. They take the baby piece by piece from inside the mother and then throw the pieces in the trash. They are killing a child of God.

Those demons go straight to hell for 1,000,000 years.

If your parents take care of you and give you everything, you should do the same with your children. You have to do the same. You should listen and take care of your parents when they get older and not send them to the residence and forget that they exist. At first the children go to see their parents every week, then every month, then once a year and finally they forget that their parents are in the residence. God tells you that you will honor and love your parents as they did with you, they took care of you, fed you, gave you an education, a house to live in... all for nothing. Now you must return everything to them in the same way that they gave everything to you. Before your parents took care of you with all their hearts and one day when they need your attention you must take care and take care of them. You must return that favor.

Today for you tomorrow for me. Heart with heart. You owe your life to your parents. That is why God says that you will honor your father and mother in the same way that they honored you when you were little. If a person is not good to his parents, he is like an animal.

**FIFTH: YOU SHALL NOT KILL.**

This one is very clear. You will not kill. Not killing your own children like many people do with abortion. Killing your child is like killing yourself, because your child is part of you, part of your body. You cannot kill your own child, even animals take care and protect their children. When you get close to a mother with young, she shows you her teeth, and if you get too close they can kill you to protect her children. You have to understand that. You cannot kill under any circumstances. There are many countries that kill each other, between races, there are many examples. War in the name of God cannot be waged, there are many wars and killings in the name of God. God says: you shall not kill. Under no circumstances you must not and cannot kill. It is forbidden to kill. You must remember it. The rulers, like the dictator of Syria, wants to keep his family in power and anyone who raises a hand kills him. This is very negative for his family and for his country. When you kill, very soon you will receive God's punishment. Nobody escapes. Your conscience also

will punish. Do not kill people or animals. Live and let live. Lots of people kill for sport. Is killing an animal without defense a sport? Before, when the English conquered Africa, they also practiced the sport of hunting with the blacks.

They said: run, we'll give you a 10-minute lead and then a group of bandits start looking for and killing them. Is this called sport? We are all children of God, no matter the color. God doesn't say that, no. You will not kill. Neither humans nor animals. To kill is to kill. We must respect all living things. If they don't hurt you or bother you, why do you kill? Would you like someone to kill you? Think about it. If you don't want to be killed, don't kill another. You will not kill any living being, neither humans nor animals nor trees. Now there are many people who want to live well and cut trees in the mountains. Trees take care of us and provide us with many benefits. Cutting down trees is the same as killing chickens to get their eggs. Once you kill the chicken, no more eggs come out. You have to understand that. That is why God says: you shall not kill.

#### **SIXTH: YOU SHALL NOT COMMIT IMPURE ACTS.**

What are impure acts? Impure acts are those performed out of selfishness: me, me, me. Build happiness with the pain and suffering of others. Like the president of Syria who, to maintain power, has killed 100,000 citizens of his own country. Kill innocents, women, children, babies "by bag" without caring about the lives of others or their suffering. Any act of selfishness is an impure act. Impure act is that all those acts that you perform towards others negatively. Whatever you do, whatever act, whether it hurts people, be it a lot or a little, is impure. Killing and sex are impure acts. Sex is the number 1 impure act, because we pay dearly for sex in this world. All kinds of diseases are spread through sex. The most important is AIDS. Every day there are more deaths from AIDS, millions until today. If everyone only had sex with their husband or with their wife, today there would be no life in the world.

So many people wouldn't have died. Why has AIDS spread so fast? above all it has been for all these impure acts carried out with sex. Everyone flirts and without knowing their names, they are already having sex without further ado. Above without protection like animals. These acts are paid dearly. Look how many people infected with AIDS. That is why God says: you shall not commit impure acts.

If you commit them, you will pay dearly. God warns you before. If you kill your child through abortion you will have psychological and physical consequences. Politicians who approve laws that go against God and respect for life will pay dearly. All those people are demons. What they do goes against God. They do what they want without respecting the law of God. One day they will have to settle accounts with God. They all go to hell, no one escapes. In this life you will have power but you will not have that power when you die. You will suffer torture in hell over and over again until you serve your sentence.

#### **SEVENTH: YOU SHALL NOT STEAL.**

This is an act of pure selfishness. People who steal take away what others own for their own benefit. In many countries children are stolen to be sold. In many. Wars are made to rob

the other countries and keep what the others have. If not, why are there wars? a country invades its neighbor to steal everything there is. All thefts are negative and selfish acts. Under no circumstances steal anything from anyone. You cannot keep what is not yours or take away from others what is theirs. That is why God says: Thou shalt not steal. Theft can never be justified.

**EIGHTH: YOU WILL NOT GIVE FALSE TESTIMONY OR LIE.**

Especially the lies. How many people have not told lies? Big or small, it doesn't matter. People think that a little lie is nothing. But it's not like that. First you start with a small lie and end up telling many and bigger lies. It is like a snowball that starts rolling from the top of the small mountain and keeps getting bigger and bigger. Negative accumulates negative and every day is more negative. You will not give false testimony or lie. In a trial, how many testimonies tell lies! The lawyer knows that his client is guilty, but to win the trial he tells as many lies as he can. But since the client pays, the lawyer says whatever and lies whatever, to make money. You must not do this. What you charge is little, it is misery compared to what you will pay in hell for millions of years. Not worth it. Anything you must tell the truth.

Remember well, you can deceive people, anyone, the judge, but not yourself or your conscience.

**NINTH: YOU SHALL NOT CONSENT IMPURE THOUGHTS OR DESIRES.**

This commandment is much finer than the others. Because first, before committing any act, it is in your thoughts. If your thought is impure, if it is negative, then it becomes an act. Thought is the first step before committing any impure act. Before any act you must stop your thinking. If you don't think anything bad, you won't do anything bad. If you think selfishly your actions are selfish. The terrorists, before killing people, already calculate how and where they can carry out the murder, they study it and program it in their minds. That is why God says: you will not consent to impure thoughts or acts. All acts before committing them, go through thought. If an impure thought, a negative desire, goes through your head, you must cut it off immediately before that thought becomes an act. Before doing anything, think about whether you would like them to do that to you. Think that we are all one, we are one big family, we are all children of God. So that you understand, we are like a tree, each person is a leaf, each branch is a country, the trunk is our origin, it is our Father.

We all make up the tree. We are one together. On earth we are one big family. All impure desires and thoughts become acts. Then come the consequences of those negative and impure acts. If the thought is correct this earth would be a paradise.

**TENTH COMMANDMENT OF THE LAW OF GOD: YOU SHALL NOT COVE THE PROPERTY OF OTHERS.**

This is the last commandment of the Law of God. Do not try to steal or possess what others have. The word well is very broad; refers to all kinds of properties, not only materials as well

intellectuals, thinking, money... In order not to covet, before acting let's stop our thinking. Before acting we always think; how to steal and how to take advantage of what the other has, be it legal or illegal. Taking advantage of the property of others has two ways, legally and illegally:

1 legally; it is taking advantage of innocent people, such as banks that have made mortgages. When you can't pay the bank, the bank claims you telling you that you have signed the conditions even if you haven't read the fine print. Now your property is only worth €50,000 but before when you ask for a loan they gave you €100,000. This bank is legally stealing, it is taking advantage of people's money. Before, the bank told you that your apartment was worth 100 but now it is worth 50, so the bank tries to take advantage of you at 50. The law is wrong, because that is morally illegal. If you can't pay, they evict you and throw you out on the street and the bank takes your apartment. That is taking advantage of people legally.

2 illegally; It is any form of theft or scam people. If a person is capable of taking advantage of people, such as €100,000, at first he is very happy because he has obtained €100,000, but this person forgets one thing; If he scams poor people out of €100,000, with his intelligence he could have won €1,000,000 without cheating. You have misused your intelligence.

On top of that, he will pay dearly because he will have a trial and if he loses the trial, he will have to pay €100,000 plus interest and expenses. That is why God tells us not to take advantage of or covet other people's goods, because in the end we pay dearly for it. Better make money legally with your intelligence. The politicians; They steal legally and illegally. They take advantage of their situation and influence to swindle honest people, steal the town's taxes, use subsidies to help their cronies, and in the end it all comes out. All of this is getting nowhere. Better to be honest and not steal the people's money, in the end they all fall and are locked up in jail. Some before and others after. If you steal from a person or cheat him, you owe only to this person. But if you steal or cheat citizens, you owe all citizens.

If Spain has 40,000,000 inhabitants and you steal the people's money, you owe the 40,000,000 million people. Public money is not touched. That is very serious. Stealing from a person or stealing the taxes from a town is not the same, for the law of God it is much more serious to steal the people's money. Be very careful with politicians and people who have important positions. Be careful with those people. None will end well. They must not waste a penny from the people, because God is watching you and then you will have to settle accounts here and in the hereafter. God will punish you and your conscience too. Then you won't be able to sleep well and you will have remorse for stealing people's money. Almost all politicians and parties have been caught stealing and racketeering, we can see it on the news every day. They pay dearly and no one escapes. Before doing this, think it through. You cannot waste the people's money or take advantage of your position of power. Because if you do this you will pay dearly and you will go to jail and not only this, your name will be stained as if you were a bandit.

**Your family will be ashamed of you. Why do all politicians cover their faces when they are arrested? Because they know they have done wrong and feel ashamed. Do not think that you will be saved and that they will never catch you: all scammers and thieves sooner or later fall for it. It's a matter of time. It never goes well. It's not worth spending the rest of your life in jail. Not only this, when you die you will go to hell for at least a million years. Hell awaits you to make you suffer for a million years. Even if you do not believe or are not interested in believing, you will still go to hell. There you will be in jail and they will take you out every day to kill you over and over again until you finish your sentence. Whether you believe in the law or not, when you get caught they all go to jail. Whether you believe in hell or not, they also put you in jail and hell jail is not like the one here full of comforts. You see with a lot of eye.**

**All politicians are servants of the people. They are not the heads of the people. It is not the people who serve politicians. Politicians are not superior to the people. You have to help people to live better. If you waste, steal and give subsidies to friends, you are stealing from the people and that has its punishment, here in this world and in the hereafter. When you go to jail one day, your friends are not going to accompany you. No one is going to offer to pay for you, no one will do anything for you. If you are a representative of the law and you are crooked, you have to get straight, you have to set an example for others because you cannot demand from anyone what you are incapable of fulfilling.**

**If public entities, such as municipalities, do not stop crushing people and looking for problems, they are not 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 to have a heart of gold, a heart of dedication to others and to solving people's problems.**

**People don't choose politicians because of their hearts of gold. That is why we are now so bad. God knows that this world will get worse every time, that's why the last commandment of God's law is: you will not covet other people's goods. It is very wrong to enforce the law on others and not comply with it yourself. If a father smokes, how is he going to tell his son that smoking is bad? You have to lead by example so everything will be fine. If politicians steal and commit crimes, how can they demand that others not steal or commit crimes? it is not logical. Those who have the law in hand have to comply 100% before demanding others. How many people do as God commands? the 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. You will reincarnate as an animal over and over again until you pay everything you owe. You can be a politician today because in your past life you did well, but don't take advantage now because your fall will be stronger. Why do politicians live so comfortably? they have large houses, official car with chauffeur, first class travel... are they superior to us? no, it's not like that. You must set an example and what you are doing is taking advantage of tax money to live better. All this comes from selfishness: me, me, me. If you think of others first before yourself, you will never commit these kinds of sins and you will live happily on this earth.**

**You do not benefit from hurting others, because if you do harm, the other will want to take revenge on you and you will also have a bad time. That's why don't hurt if you don't want them to hurt you. Don't be selfish and just think of yourself. You have to think well for yourself, you have to be positively selfish and think carefully about what benefits you and what hurts you. Remember well: Before coveting other people's goods, think about it. Stop that thought! because then you will suffer the consequences you will go to jail and then when you die you will go to hell. Work for the people with heart, so you will build a paradise on earth. If we are all selfish and go above others to get a better life without caring about the suffering or effort of others, this world will get worse and worse, this world will be hell. Never take advantage of anyone, do not deceive anyone or with false promises, or with lies, try to get money from people to benefit yourself or live calmer and better. Earn money honestly and do not take advantage of the work and effort of others to live better for yourself.**

**You will pay dearly for that, your conscience and the laws of both this world and the hereafter will punish you for millions of years in hell. Never take advantage of people because then people will take revenge on you and you will have a bad time.**

**!Keep an eye out**

**Thank you so much.**



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## *8.- ASK YOURSELF NOT GOD*

**Make a wish. To make wishes, everyone has many wishes, everyone has many wishes. The first wish people ask for is health and long life. Many people ask God to be healthy, God cannot help you. Just so you know, to have health and a long life, don't ask God, ask yourself.**

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

**First the mind has to think positive. Don't think negative because negative brings negative and positive brings positive.**

**According to the acts Perform acts in favor of others. Do favors for others. Not in your favor. Always in favor of others, not in your favor. That is called acting positively and positive brings positive and negative brings negative. All acts that favor yourself are negative and negative brings negative. All your acts must be done for others. There is no excuse. It does not matter what you do. It seems that you help people, but you profit. That is not positive, it is negative and you are hurting yourself.**

**To be healthy, let's see, health depends on blood circulation. If the blood does not circulate well you will not have good health. Negative thinking, nerves, stress, anger, sadness... all these feelings are negative and negatively affect your health. If the blood does not circulate well through the liver, you will have liver problems, if the blood does not circulate well through the heart, then you will have heart problems. If the blood does not circulate well in any part of the body, you are going to have problems, you get sick, you swell, the blood stagnates, cysts, lumps and cancer appear. If it doesn't circulate well, everything will be fatal for you. If the blood does not circulate well, your body goes into crisis. That is logical, it is like the world economy, the economy of societies or states, of families... if it does not enter, it does not leave. If there is no consumption, if people do not buy, the factories close. Everything stops, and if it stops, there is a crisis. If everyone buys, everyone consumes, everything will be perfect and there will be no crisis.**

**As long as there is a lack of trust, everything stops and the crisis begins. It is like the circulation of the blood; If it does not circulate well you will have a crisis. So that this does not happen, you always have to do for others with a heart of gold.**

**Always in favor of others not yourself. That's positive. If you don't get any benefit when you do positive things for others, then this will be a positive act. If you do good for others, not for your family, for someone unknown, then you will feel a very pleasant sensation in your body, you will feel happy and very positive, and this sensation, that energy will give you good blood circulation.**

If you help others without taking any kind of profit, this will give you good energy and you will have good health and long life. If you profit by doing any positive act, it becomes a negative act. As all the Negative affects the blood circulation you will have bad health. It is what I do every day, I do positive acts for people and I feel very happy, this gives me very positive energy. Even people ask me: why are you so happy? Did you win the lottery? That is why I always do positive acts for people every day and thus I have very good health. That is what you have to do.

If you want health like me, you have to ask yourself by doing positive acts for people and without taking any kind of benefit.

God can't help you, you have to get health.

Second is what you eat. Be very careful with what you eat. All meat has its viruses if you are unlucky and eat a piece of meat infected with a virus, that virus will pass into your body and you will get sick.

We already know the epidemics that have occurred in the world due to meat consumption: in Asia the avian flu infected many people and through the air, with a breath, people became ill and fell like bedbugs. AIDS comes from Africa, from monkeys. The monkeys have always been carriers of this virus and nothing has happened to them, but since we have eaten their meat we have now caught this virus. This virus is not compatible with us and that is why it takes away our health and makes us fall ill and die soon.

That's the problem.

Like fish, fish carry worms, and even if you cook them, fry them, or boil them with very hot water, you don't kill those worms and when you eat that fish, you get infected with those worms. You do not believe it? Well, do the test: put a piece of cooked meat, even if it is burned like coal, put it on a plate on the table for a week and you will see how that piece of meat black as coal rots and worms come out. Worms don't die. Organisms do not die. So if you're unlucky and eat infected meat, you get sick. No one guarantees that the meat is free of viruses. Normally, health controls the farms but does not test all the animals. It only analyzes 1 animal, for example a cow, but it does not have time to analyze all the cows. If one of those cows has a virus, it is not known and it reaches consumption without being analyzed. If you eat it then you will get sick.

There are many types of rare diseases, they bear that name because they are unknown diseases. It is not known where they come from or how to cure them. All these diseases come from viruses that animals bring. Animals, those that run on the ground, those that fly in the air or those that are underwater, better not touch them.

If you eat them and they have viruses then you will get sick, better not touch them. Every day you play with your health by eating animals. Like us years ago with the mad cow virus; eating a piece of meat people died. No one knows how many unknown viruses are in the body of animals.

**We ourselves carry viruses such as cancer and we cannot cure it, how are we going to cure the unknown viruses of animals? if we do not know them we cannot cure them. Look at the AIDS virus, there is no cure.**

**To avoid health problems, try not to eat meat or fish.  
Do as I have been a vegetarian for 40 years and have never been sick or been to a hospital and never seen a doctor. This is the result. That's why if you want health ask yourself not God. Be careful what you put in your mouth.**

**You have to know that.**

**Thank you so much.**



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## 9.- SECTS / RELIGION AND SECTS

The first evil in the world is sex. Today we are going to talk about some religions that take advantage of poor people who don't know 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 people for money, promising that he will be lucky and healthy.

Another nonsense says: the woman has to have sex with the teacher to have health and long life. All religions are good as long as they are within the law of the gods. But the woman cannot offer her body for the master to have sex with and after the master has sex with that woman, he gives her away to the other followers to have sex with. This is so wrong. It is against the law of God. In many religions, from time to time, a teacher comes out who does a lot of damage to people, taking advantage of people's ignorance. People want to be healthy and they believe everything they are told. These "masters" take advantage of this. They tell the women that if they want to have health and a long life they have to have sex with the teacher, so they can cure their illnesses and have a long life. They offer health, luck and long life in exchange for sex.

After having sex with the teacher, the teacher gives them away to other followers to have sex with her. This is nonsense. That is against God's law. This "teacher" is taking advantage of people's ignorance for his own benefit. Be very careful with this. These people should be in jail.

Another thing that these teachers ask people for is money to get rich and live with all kinds of comforts. If you want to have good

health and a long life, you have to give the money to people who need it, to organizations that help people to heal. for example Doctors Without Borders. If you want to have a long life, you have to donate money to people so that they can also extend their life by curing their diseases. Don't give the money to these teachers who just want to take advantage and get rich from poor people. No teacher is God. We are all human persons. If a teacher says that he is God, that is a lie. No one we are God.

Those who say they are living God, just want to take advantage of people for free sex and money to get rich. They are false teachers. With that, be very careful. There are many sects in many countries that say they are Tibetan Buddhists and only profit. I'm not accusing anyone, I'm just saying be very careful with sects that pose as Tibetan Buddhists and ask for sex and money in exchange for health, luck and long life. A Buddhist teacher never asks for anything in return for teaching the right path, for helping others.

Anyone who is into Tibetan Buddhism, be very careful, just in case. I only warn you so that they don't take your money and you stay on the street with nothing or that you have to have sex with so many people and then you get AIDS or other sexually transmitted diseases. I only warn you: be careful with sects that ask for sex and money in exchange for health, luck and long life. There are many people in the world who pose as Tibetan Buddhist teachers just to take advantage of people who want health and long life. Great care. With this.

In this world there are many good teachers but also many bad teachers. There are all religions: Buddhist, Catholic... If you want to have money you must help the poor. If you have one euro left over, help people in need with one euro; if you have 10 euros left over, help poor people with 10 euros. This is how the gods are going to help you. If you help people you will have friends, it doesn't matter how much you give. And there is no valid excuse, just do it and that's it. Without asking for anything in return. If you can, help without asking for anything in return.

Don't let people take advantage of you by asking you for money.

Now there are a lot of sects named after gods that take advantage of people. Be very careful with them.

A teacher who wears fancy clothes and lives in a fancy house with a lot of amenities around him... Be very careful with them!

A great teacher does not ask for anything in return.

I have been teaching yoga and meditation for free for 16 years in my home and I don't ask for anything in return. I do not accept a cent or any gift in return. I do everything for free to help people, because I do it with my heart.

I don't know the name or phone number of my students, why? I just try to help people. To all the people who need it and I don't ask for anything in return.

If a teacher asks you for money and sex, for any reason from his students, then he is a bandit, he is not a teacher. It's false. He is not a teacher. A teacher does like Jesus Christ who dedicated himself to people without asking for anything in return, like me. I never ask anyone for anything, like Jesus Christ who gave his life for others without asking for anything in return, just helping people. If a teacher asks you for something in return, then he is a false teacher. He is a bandit who only wants to take advantage of you. I never ask anyone for money, I only help people who need it.

There is a lot of controversy with the Tibetan Buddhists, truth or lie I don't know, I only say that you be very careful. I only warn you.

A true master never asks people for money. A teacher never asks for sex in exchange for health and long life. That is taking advantage of people. Be very careful with them. If a prostitute doesn't want to have sex, she doesn't. But if you join these sects you have to have sex with the master and with all the followers... that being a bandit is a scammer and a liar. Keep an eye out. If a teacher asks you for sex or money, he is not a real teacher. If he asks you for absolutely nothing and offers you his help and teaching without asking for anything in return, this is a true teacher, like me.

About one day an elderly lady came to my yoga room to practice yoga meditation with us, and she told me that she was going to a yoga class where the teacher made all the women undress to practice yoga better and thus get good energy. .

The lady told me that she was ashamed to show her naked body because she was no longer young and her body was wrinkled and full of love handles. If you do yoga, why do you have to take off your clothes?

Yoga It has nothing to do with clothes. That teacher only takes advantage.

Be very careful with sects that ask for things in return.

Anyone who wants to get something out of you is a scammer. If he asks you for something, he's a scammer, he's a sect. You can not ask for sex or money. These people get everything they can from others so they can live well.

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

God always says: forgive others. Because if you don't forgive, if you hate, this negative energy that hate produces is going to hurt you and you're going to have health problems because you'll always be pissed off, angry and sad. If people do something bad against you, sooner or later they will pay for it. That's why you don't have to hate and get angry, everyone will have their punishment, don't worry.

### *RELIGION AND SECTS*

Hello Religion and sect. What is a good religion and what is a bad religion? There are two things to know right away. In this world there are a lot of different religions. The important thing in a religion is how it does things. There is a limit that no one can ever cross, it does not matter if it is a large religion with many followers or a small one, it does not matter. Any follower should keep in mind:

1.- If the teacher is either a priest or a monk, if he uses the money of his disciples to buy his house, a luxury car, to make his whims come true... that is a sect. If people give money to a religion, the teacher should use the money to help people.

To help those in need.

2.- A teacher cannot have desires of any kind. If you see a teacher dressed in fancy clothes, traveling with fancy cars, living in mansions with all kinds of luxury, beware! If this teacher doesn't work... where does he get the money from? Well, it is clear, from his followers. If the followers want to give money, the teacher should help poor people with that money, not to buy things and live in luxury. You must help people in need, not enrich the teacher and finance his whims like gold and diamond watches or super luxury cars. The money that comes from the people must return to society. Money doesn't fall from the sky, it's hard to earn.

That kind of teacher is taking advantage of you and you need to let him. It doesn't matter what he says or how he says it, if he's always taking people's money you need to stay away from him. The teacher must set an example. Everyone can say good words, but what counts are the actions. Teachers who act like this are scammers and phonies. It doesn't matter if he speaks super wonders. These teachers learn the Bible very well to convince people and get money out of them.

3.- I have been doing free yoga at home for 16 years. One day a student of mine said: I used to go to do yoga at a center.

The teacher made people undress, he made the women take off all our clothes to receive energy more directly. She told me that she was very ashamed because her body was not young and she had love handles. The young girls didn't care, but she was very embarrassed. This type of teacher wants to take advantage of people, see the naked body of women. Ask for money and then ask for sex, that is not correct. If the teacher says that to be a Buddha, to have a long life, to be beautiful, to be healthy... you must get naked and have sex with him or he asks you for money... all of that is a lie. Don't let those false teachers take advantage of you.

They speak wonders, but in the end they only want sex and/or money. No matter how they talk, whether they ask you for sex or money, they just want to take advantage of you in the name of Buddha or Jesus Christ or any other god. Many religions talk about having sex all together to be a Buddha. Careful! That's another big, big lie. These are scammers.

If you want to have good health, what you have to do is to drop the self. Because the more I have, the more selfish you will be and the more problems you will have. You must leave that self and help people. Health depends on you. If you want to have good energy you must help poor people, advise 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 you help people. If you do this, you can have a happy and healthy life.

Everything else is lies. That's what sects do: they take advantage of it to get money from people and have free sex. Watch if you have sex because of the diseases you can catch, such as AIDS.

First you have to watch what the teacher does, don't just listen to the words. Any religion that reaches out to you for money or reaches into you for sex is a scam. It is a big lie.

We are all equal, no one is superior to anyone. Even if he is a teacher. Watch what he does, don't just listen to what he says. You must be careful.

A religion as God commands, will never ask you for money or reach out to anyone to have sex. He only helps, he only teaches and helps you as much as he can. I have never asked my students for money, nor do I accept gifts from anyone. I have been teaching for free in my yoga studio for 16 years. And I have never taken advantage of anything or anyone.

I am here to help people and nothing more. So clear and simple.

That is the difference between Religion and sect.

Thank you so much.



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

**The origin of evil is selfishness. All the origin of evil is in selfishness. Selfishness is bad for health, bad for thinking, bad for the future... All kinds of evil only have one origin: the self.**

**Many people are hospitalized for being crazy, because before going crazy they think a lot. Think a lot about "I": I want to, I don't want to, I, I, I... Life takes many turns. There are people who take life very seriously. And when a wish cannot be fulfilled, he becomes very disappointed and sad, or if someone hurts you, you always think of revenge and this causes you anguish.**

**All these thoughts move your consciousness. With each passing day, the more you move your consciousness.**

**All hate comes from the self. Everyone thinks of me first: how I want, how I don't want, how I want, how I don't want.... I want to be like that, and I don't want to be like that, I like it or I don't like it. Some are tormented, because they only think of me.**

**Sometimes things don't go the way you want them, or expect. In life, not everything goes the way you want. And if you want 100 you will have 100 anguish. If you want 10 you will only have 10 anguish. If you don't want anything you won't have anguish.**

**Everything comes from the self. You don't have to do anything to get rich, if you die you don't take anything. who knows how many years he will live? In the cemetery there are not only old people, it is also full of young people. Many young people die in car accidents, why? Because they are in a hurry, because they want to show that they know more than anyone else and that they are superior to others, always me. And that self has led him to death. That's why you must think that this self is what hurts you.**

**That's why all friendships break. Because if friends don't do what I want, it's over and the friendship breaks. When two opinions collide, the relationship breaks. That's my problem. I have seen many very sad people in life. If there is no me, there is no sadness. The more I, the more problems you will have. There are people who cannot sleep because they think a lot about their problems, about their desires.... And you don't have to think so much.**

**If something good has to come, it will come and you have to accept it, if it comes bad you will also have to accept it. So what are you going to solve by thinking so much? The most important thing is to leave the self.**

**The bigger you have the self, the more you will suffer. That's why you have to learn to let go of the self. Like many people, they want to be a millionaire and to be so they do things outside the law, steal money, sell drugs... all kinds of crimes. Hurts. That can not be. In the end it ends badly. The police catch him and put him in jail, so what? This is not convenient, never convenient. That's why think about it before doing evil. That can not be.**

There are many people who talk to themselves. Why? because he has a lot of me, he thinks a lot. He takes everything to heart. That's bad, it's bad for you and for others.

So think about it for your own good. I teach you: think for others. If you think for others in that case, you will have a good future. You will have a very good future. If with your friends, you think first of the friend's need, not yours, you will have a good life. They will always be with you. If you are an entrepreneur, think of the worker first, the worker will be with you with his heart and will make you earn more money. If a worker always thinks for the boss, the boss will always think for the worker. If the employer does not think or care about the worker, the worker will not work at ease and in the end the company will notice it. There is no good for anyone.

That's why all you have to do is always think about the need of the other person. If you think of yourself first, you have fallen into your own trap, that is selfishness. You have to do things to please others. You will have everything in life if you think of others. If you always think of others, people will always think highly of you. And you do yourself a favor. Many people are wrong. Because if you always think in your favor and so others will never think of you.

If you think of others, all the doors of the world will open for you. If you are selfish then you will go wrong. Leave the desire, if you don't leave it you will go crazy from so much thinking. Good or bad, it doesn't matter.

The more you think, the more you move the negative from your mind. Try to think less, and you will have good health, a good family, a good job. Always others before you. So your future will be perfect. It all depends on you, as you want. You have to realize.

All thoughts, think too much, try to think less and that way you will have a better job, a better family, a better business... that way everything will go well for you in life. The more you think, the more problems you will have. Because thinking harms your health, your well-being, your work, your family, your partner... Don't think, let things happen, good or bad, it doesn't matter.

Positive always brings you positive. If you just think and don't act, it's the same as 0. I've seen a lot of people in trouble... a lot of trouble! Because they think a lot and when things don't go the way you want, you get disappointed and sad. And you punish yourself. You only get negative for yourself. Only this, there is no more. If you hit your head against the wall, you hurt yourself. That's why it's not worth it.

If you get sad, ill health comes to you, you can't sleep or eat, all day you are like a zombie.... That's bad for you. Why do you think so much? Thinking of me is negative. If you want to live well think of the other. All kinds of revenge, stress nerves, it does not matter with or without reason, it is bad. If you want to live well leave that thought.

If not, you will never live well and you will not have a good future. If you make life more difficult for yourself because you "eat the coconut" and take the garbage of others, then you will not be able to live well, you will never live well.

Therefore, for your own good, you should not think about yourself.

**You must think only of others so that others return the favor.  
If you think of the other first, everyone loves you. All this is thinking for the  
people and nothing more.**

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

**Thank you so much.**



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## *11.- UNDERSTAND WITH HEART THE TEACHING.*

Catholics, Protestants, priests, monks, teachers... so much that we study the Bible and why can't we think or act like Jesus Christ: why? Because when we study the Bible we do not enter into the Bible, we only read, we only study, we do not understand with our hearts. We have to know how to become the bible, we have to be one, we have to integrate and be only one. If you can understand what Jesus Christ, Buddha, says, these words enter your mind and heart and transform your mind and heart into that of Jesus Christ.

When you study, you don't have to read just to read... that doesn't work.

Many priests in the world cause scandals, why? if they all know the Bible well. Because they act badly. The difference between Jesus Christ and us is that Jesus Christ does not have self, he does not have egoism. A priest or we always think of me, we are selfish. In this case we mess up and make all kinds of mistakes. I think, I say, I do, I like it, I don't like it, I do I don't do.... 100% me. Jesus Christ or Buddha act only for people, never for selfishness. That is the difference between Them and us. Jesus Christ dies for people and we only die for ourselves, not for anyone. If we die for others we will become immortal.

If Jesus Christ was selfish, the day they went looking for him to kill him, he would have fled, he would have run away, but he stayed waiting. Any of us, if we know that they will come to kill us, we run away, if we are 100, the 100 of us run away. Nobody waits to die.

Why doesn't Jesus Christ run away? Because he has no self, there is no selfishness in his heart.

Any of us, we are poor little humans. That we do not understand well. If you do for others you enrich yourself, this self unites you with Jesus Christ, if you do not have self and you do not have selfishness you become the Holy Spirit. If you are selfish you become a demon.

Two spirits. Where is the difference? The difference is that the Holy Spirit has no self and the devil is pure selfishness, he is pure self.

People don't know, if you hurt people to get profit, where do you go with that profit? To the grave? You and I know that when we are born we bring nothing and when we die we take nothing with us. Why hurt others? Do you think that this way you can enjoy your whole life? What is for life? In

cemetery not all are old or retired, there are also many young people. Like every weekend, many people die in accidents from many different causes.

That is why all problems 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 we ingest that chemical and it hurts us. Just like animals, they are artificially fattened with chemicals that we then eat and contaminate our bodies.

Everything we do is the cause of the suffering we now have, everything comes from air and food contamination. Before the earth was a paradise, now we have earthquakes, tsunamis, tornadoes, torrential rains or droughts... everything comes from our egoism. Because every day we spoil nature more and those are the consequences. A wise man says that within 30 years this land will only be 20%. It's possible. Because every day we are more selfish and we use more chemical substances that spoil nature.

Every day we spoil nature more, that's why every day there are more natural disasters and epidemics. We only breathe and die from contagion. So if we want to live well, we must not spoil nature. Look what has happened in Japan: a passing earthquake? We all have to take care of nature. Let's not try to make a pact with the devil, like the nuclear ones: we are selling our souls to the devil. We must use natural energies such as the sun, the wind, the water...

If everyone reads the Bible and understands what God wants to tell us, if we understand with our hearts, then we won't do what we are doing. Governments, political parties... should not spend on nonsense and whimsical things that are in their own interest, out of 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 is this? Pure selfishness. If the government thought for its people like Jesus Christ who always thought of others... if the people tighten their belts, the government must tighten their belts, if the people suffer, the government must suffer and not waste a penny. Then I guarantee that we get out of the crisis immediately. More people would be hired. Where is the money? Everyone wants to live well and comfortably and they crush the people, drawing their blood. How are we going to raise our heads? . If someone does not do it well, then you must change the person or the party. It doesn't matter which party, or who, as long as you do for others, like Jesus Christ. Not being selfish.

Selfishness hurts people. The people can't do anything, but God can. And I assure you that they will have their punishment with the law of the universe. Don't forget that. When they die they will serve their sentence. Even if you don't believe. If you commit a crime, believe it or not, the law will punish you the same. Even if you don't believe in hell, when you die you will suffer, believe it or not, no one will escape.

Abortion has a very bad effect on you, your party... you cannot give permission to kill your own people, your own race. Like it or don't like it. You can't abort. Under God's law we are all equal: handsome, ugly, rich, poor, children, adults... before God's law we are all the same. Not because you were not born you do not have rights, the law is the same for everyone.

Every day you have to change little by little like Jesus Christ. If everyone does this, the earth will gradually become a paradise. But if we continue with so much selfishness, every day there will be more natural disasters, more diseases... like AIDS: 30 million deaths in the world from this disease. Every day there are more than 7,000 new cases of AIDS.

Now in 2012 we have more than 40,000,000 infected with AIDS. This disease is widely spread among homosexuals. Everything that tries to break with nature ends badly. God creates man and woman, and now every day more people get together: men with men and women with women. As if it were a joke: the priest declares husband and husband or wife and wife. That seems funny to declare a woman and a woman. Thus, in that land, in 50 years there will be no one left. Because we are not going to have children and humanity will be left without offspring. If your father or your mother were homosexual or lesbian, you would not be in this world, because two men cannot father a child nor can two women. You would not have been born. That's why what you like is one thing, but going against nature is another. Of course we know that gays and lesbians don't hurt anyone, but the thing is, we can't break nature. As we go against nature and look how the weather is, full of natural disasters. That's why I would like everyone to read the Bible and enter the Bible to understand with their hearts. And become like Jesus Christ.

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

Thank you so much.



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## 12.- PARADISE

Heaven. Paradise is where God, Jesus Christ or Allah or Buddha is. It's all the same category of heaven. There is only one heaven, there are not two or three. To enter heaven you have to act like Jesus Christ or Muhammad or Buddha. Always do for others, help people, give good advice to people, sacrifice yourself for people.

That is what you must do and what these gods do. Many people manipulate and act differently from what the Bible says. Neither the Bible of Jesus Christ, nor the Bible of Buddha, nor the Koran, say that one must kill. Never. Always with a good heart save people. He has never said that putting bombs on your body to kill people goes to heaven.

To go to heaven you have to have a pure heart, a heart of gold. Like Jesus Christ, like Buddha, like Mohamed. You are not mistaken. Anyone who tells you that by killing people you go to heaven, impossible. All those who go to heaven are those who help people, those who give their lives for others. Not killing people. That is a total mistake. Many people manipulate the words of the Bible. They do not obey.

In order to go to heaven, you cannot have the thought of me, me, me. That is pure egoism. I guarantee you that these people do not go to heaven. He will go to hell. Think wisely. If you do everything with a good heart, everything. As he said "Allah is great" because he helped people with his heart, he taught people to be good. That is correct. And if someone says the opposite of what Allah, Jesus Christ or Buddha told us, that is manipulation. That person is interested, he is like a demon, because he tries to manipulate the word of the gods.

Always, to go to heaven, it is always helping people, doing favors for people, sacrificing yourself for people. Because to go to heaven you cannot have selfishness. If there is a difference between me-you-he then everyone fights for their own interests and you are selfish. In this land since ancient times, there are always wars between countries or civil wars within one country. All this is because of difference, because of selfishness, because everyone thinks they are better than the other and wants to be right.

By square head. Because he always thinks that I am better, that my race is better, that my thinking is better. Everything goes for me. In this society everything is moved by the self.

In this country, politicians do not stop spending the people's money for their own interests. They don't stop spending mercilessly. When his hot streak ends, what he did in the past, he will have God's punishment. Any penny from the people cannot waste.

If you spend, you have to spend it for the benefit of the people. If you have

taken out of the town, he has to invest it in the town. That is a good ruler. Those who try to make rackets are going to end badly, like those who are in favor of abortion who only think about killing babies before they are born. No one is God to take anyone's life.

If you try to be God, you will become a devil and go to hell. Remember well. We are not Gods, we cannot order to kill anyone. We can not. That is going to have serious consequences. Politicians, rulers, the powerful, can be so because in another past life they did good for the people, but if they go against the law of the gods, taking away religious education, so that people do not believe in God or in Nothing, those people are very dangerous. They are very selfish. If they can get over you, they get over you.

Every citizen has his conscience, his heart. Conscience and the Bible are not two different things, the two are one, not two different things. Just so you know, if we take away the bible, we take away conscience. For example, if a woman doesn't want to have a baby, she kills it. Why do you do that? If you don't want to have babies, you have surgery or take pills to avoid having them. There are many methods to not have children.

If one day you get pregnant and you don't want the child, then you give it up for adoption. Why kill? Politicians who say nonsense against the gods, like legal abortion, imagine your father and mother do the same, you and your entire party, no matter what party you belong to if they support abortion, you would not be here in this world today. Before you were born they would have already killed you, you would already be dead.

You could not have been president or deputy. You wouldn't be here today. After your mother and father do you the favor of giving you life, taking care of you, educating you, you don't let others have that opportunity. You make the bridge to cross and when you have crossed to the other side, you remove the bridge so that no one else can cross. That is called pure selfishness.

All have punishment from God. No one escapes. None. Everything you do is going to pay dearly. First your conscience punishes you. All the souls of the babies are going to ask you for revenge, they are going to come after you to take revenge. They can take away your life and your health. Because all those baby souls are going to come after you. That is a matter of time.

You must not go against the gods. You should help with birth control so you don't have babies, but never help to abort or give permission to do so. You must help so that all babies are born. Give all kinds of aids and facilities for babies to be born. You cannot kill your own people, your countrymen. You can not. How many years are you going to live? And when you die what? The law of the gods will not forgive you. An eye for an eye and a tooth for a tooth. Be careful with this. You are nothing and nobody. At one point you have a heart attack and you die. You are nobody. You are nothing. Don't try to be like a God. No. You are a demon, you are not a God.

Killing is negative, it is like the devil. Remember well. Conscience is going to settle accounts.

So you already know. To go to heaven it is necessary to help people, to sacrifice oneself for others. If you act like Jesus Christ, like Buddha, like Mohammed, you will surely go to heaven.

When you can once enter heaven, you will have many advantages.

Now I am going to explain the advantage of going to heaven.

Any God, like Jesus Christ, like Buddha, like Muhammad, all of them, can be born in any country, where they choose, where they prefer. Before being born, they themselves design their lives according to what each one wants. If you want to be born as a prince, you are born a prince, like Buddha. If you want to be born in a poor family, you choose to be born in a poor family, like Jesus Christ. What you want. You prepare your life and how you want to live it. At any time you can come or go, as you want. Not like us, who can die at any moment, for example from a heart attack, an accident... anything can happen. We are nothing, we are 0. We do not know when we are going to die, nor when our last night will be. Many people get up, go out into the street and take the car and then do not come back because they have had an accident, they have died on the road. Lots of people die every day on the road. No one knows when his last night is. Nobody. That's why you must think that today is your last night. And you must do good to people, so you will go to heaven. Don't try to kill people or get their money. Not worth it. For a moment of selfishness, you sacrifice the majority to benefit you, who are a minority. Like politicians who sacrifice the people to benefit themselves. Because they don't have the right to waste the people's money. The money is not yours. If it were theirs, each one does what they want with their money, but not with the money of others.

Every penny you spend and it's not yours, take a good look at it. Because everything has its consequences. That's why when you're born in heaven, it's forever. You never die anymore. Because in heaven everyone has a pure heart. If the heart has me, me, me, it is selfish and then it will surely go to hell.

If you do it with all your heart with your family, with your friends, with society, with the state, everything will become positive 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 wishes you want. Selfishness, in the end brings negative and ends fatal. If you want to live very well, you must do things correctly, within the law. This is how your happiness and wealth last forever. That's what you have to understand: you shouldn't take advantage of people. In life there are two paths:

1 help others to go to heaven or,

2 act selfishly to go to hell.

Once you get to heaven, you can travel all over the universe. You can be born in any solar system, on any planet, wherever you want. With selfishness, you are not going anywhere, you will be born poor, or a fish animal... the worst thing there is. So that?

Read the Bible of Jesus Christ, the Koran, the Bible of 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, it will be a heaven. It all depends on you. I advise you to take the path of paradise. You are going to live better, more comfortable, with great health and a long life and with much happiness, and

also to remove your diseases because all diseases come from negative thinking. Anger, sadness, that's negative thinking. You already know, to remove all kinds of disease, you must first remove your negative thinking.

When you remove the negative thought from your mind, you have to sacrifice yourself for others and offer your life to others. That positive thought overcomes everything; your disease, your bad luck, and gives you long life. There's no other way. There is no other solution.

Well, you know, the only thing you have to do to live well and get everyone to love you, have a long life and happiness is to offer your life to people, with all your heart. It doesn't matter to anyone, from any social category, handsome or ugly. Offer with heart to anyone. So you will have the world in your hands. So you will never have disease and you will always have good luck like me. I have been doing yoga for 40 years and always thinking positive, and always positive with people. In 40 years I have never gotten sick. This is the result. If you don't have health you don't have anything, that's why think like me: always positive. Never take advantage of people, help people, so you benefit. If you listen to me and help people, like I do, your life on this earth will be a fantastic paradise.

## ***HOW TO GET TO PARADISE***

Many people, like monks, nuns, priests... why do they leave their private lives and dedicate themselves to the church? that is for a reason: to one day reach paradise. They do things as God commands, like Jesus Christ to get to heaven. But let's not forget one thing: everything we do we must do as Jesus Christ did, do everything for others not for yourself. The religions that have the most followers in the world; Catholic, Protestant, Mormon... they have the same goal: to follow the example of Jesus Christ, act like him and die like him. Everything to get to heaven.

But I tell you one thing so you don't forget: Ask yourself if you believe it is Jesus Christ. Many people say yes, yes, yes... that's why I became a nun or a priest. But if you really believed in Jesus Christ, if you believed in his word, you have to demonstrate it with your actions, your thoughts, not just with words. Jesus Christ knew that the next day the Romans would come looking for him to kill him and he knew all the ordeal that awaited him. If Jesus Christ thought like us, he would have fled, he would have run away to hide. And why did Jesus Christ knowing it not run away? because he was willing to die for humanity, for us. This means that Jesus Christ only thinks of others, not of himself. Therefore, if you really believe in Jesus Christ, you believe in his word, you must think, speak and act like Jesus Christ. If you only do, think and say 50% of what he does, and Jesus Christ says, it means that you only believe 50% in him. If you talk a lot and do nothing, even if you say you believe it is not true. If you really believe in the Bible, in the word of Jesus Christ, surely your actions are the same as those of Jesus Christ 100%. That is sure. That is why many people, every day commit many sins, and after committing a sin they go to confess, to ask God for forgiveness. This is correct.

**But without truly repenting you will commit the same sin again. With true repentance and asking God and people for forgiveness, if you are truly sorry you will not make the same mistake, the same sin. That is true repentance.**

**If you commit any type of sin today, go to confession and ask God to forgive you and tomorrow you commit the same sin again, and ask for forgiveness again and do the same thing over and over again, it is because you are not sorry. Do you think you are sorry? no, of course not, you are fooling yourself and God. You cannot fool yourself, much less God. True repentance is not to commit the same sin again.**

**When you do it is that you are truly sorry. There are two kinds of repentance, true and false.**

**Most people regret lying, how many people after confessing do not make the same mistake again? very few, almost no one.**

**If you commit the same sin again, you have not repented and you are deceiving yourself and God. This is false repentance. You're going to have problems with yourself if you keep doing this. God will not have problems. Each one pays for their sins. Do not think that no one knows your sins. The first to know is you. You know that you are deceiving people, you crush people, you abuse people... who doesn't know when you hurt people? you are the first to know that it is not well done. In a matter of a short time the whole world will know, because everything is known. You can see on television, every day there is some news that the police have caught this person, this other... politicians, bandits, thieves, gangsters... all these people who deceive people.**

**It's just a matter of time. Impossible that when someone does something wrong, no one finds out. That's impossible. Sooner or later they will catch you.**

**It is as if you have a fire and you cover it with paper, sooner or later the fire will burn the paper and you will see that under the paper there is fire. You can't cheat. That's why I tell you think carefully before doing something bad. You can only commit every sin once, if you do it twice it is bad for you, for your future and for the hereafter.**

**You cannot commit the same sin twice. Think wisely. The first time you commit a sin, friends, family, or even the law if the sin is not very serious, forgive you. But if you commit the same sin again, no one will forgive you, not friends, not family, not the law. Nobody is going to swallow twice. So take advantage of that first and last opportunity to correct your mistake. Because the second time you no longer have credit, no one is going to believe you or come close to you. And it's all over: friends leave you, family doesn't trust you... everyone leaves you aside. You are going to be alone in this world. Once is fine, twice is not. So don't forget it. If you really believe in Jesus Christ, in the Bible, if you really believe and not just read and memorize, you have to prove it with your actions, not just with your words. This shows that really**

**Show with your actions that you do as God commands. That is believing in Jesus Christ with heart. If you can do, think and speak like Jesus Christ then you will be like Jesus Christ. Jesus Christ in his life did many miracles, such as walking on water.**

**And why are we not capable of walking on water? because we have a lot of me. We are selfish. And Jesus Christ only thinks of you, of the other, of others. That is the difference. Do not try to take advantage of people, even a little, because you will pay for it caro.**

**Act like Jesus Christ and you will reach paradise.**

**Thank you so much.**



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### 13.- GOOD AND EVIL

**What is good? What is evil?**

**Good: doing good means that what you do benefits others, it does not benefit you personally. That is doing good.**

**Because you only do for others without any interest to yourself, then you are doing good. If you only do for your interests, then you act selfishly. To do good you have to have the thought of equality: we are all equal. How are we the same? Neither rich nor poor, neither good luck nor bad luck, neither beautiful nor ugly... we are all in the same category. You have to give the same respect to a rich person and a poor person, to any race. We are all equal and there is no one superior. That is doing things right.**

**If we go further; You must treat animals, nature, water the same way... don't pollute the waters, don't cut down trees, don't burn forests... respect nature and animals as if they were yourself. When we pollute, we will pay dearly ourselves. We have to use natural energy such as the sun, water, and air, we must not take advantage of what is under the earth such as oil, because in the end the earth will remain empty inside and we will all go under.**

**Everything you see treat it as if it were yourself. We have to thank the water, the sky, the earth... because if we don't, we will harm ourselves. We have to live if there are more and more natural disasters, this is because nature is warning us, that we treat it as something inferior. That is why today we have so many problems on this earth, because we do not treat nature as if it were ourselves.**

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

**That's selfish: I don't like this, that's why I'm killing you. Everything comes from selfishness. If everyone thought that I am you and you are me, then there would be no problem. You have a problem?**

**So I help you because you are me. And vice versa; If I have problems then you help me. Because we are all one. You're hungry? I feed you because you are me.**

**With the money that governments spend on wars, they can feed the entire earth. We could help the whole world.**

**Don't invest money in bombs to kill, kill, kill... in the end, what? Why do they do this? Because there are differences between you and me. If we were all one, there would be no wars.**

**Why do they mistreat each other? Because some believe they are superior to others. Like some men who mistreat women because they think they are inferior to them.**

**These men are wrong, no one is superior, we are all of the same nature, because we are all one, we are the same, even with the animals and all of nature. The more differences, the more problems you have on this earth. We have to learn: we are all one. We are not two. If you see the other person as yourself, this earth would become a paradise.**

**Your son is my son, and my son is your son, and we all take care of each other. So this earth would be a paradise. If not, how do we live? If you do this, it means that you do as God commands, you do conscientiously, with a pure and clean heart. You do it for others, but not out of pity, but because we are one and no one wants to hurt themselves.**

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

**If we all took care of each other, there would be no terrorists, no thieves, no evil people, because who wants to hurt themselves? If everyone cared for each other with heart, this world would be a paradise. People would feel good. The government does not stop saying: abort, abort, abort! He doesn't stop killing.**

**All kinds of death, it doesn't matter that it has the smallest head, or tiny arms, or that it is inside the mother's womb, is pure selfishness, they are acts without conscience, without heart.**

**The fetus doesn't hurt you, so why do you want to kill it? What do you get out of this? The fetus hasn't done anything wrong to you. Why does the government want to kill its future citizens? Thanks to them, the country may get out of the crisis. That fetus before being born can be a very good leader and help lift the country out of the crisis.**

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

**We are all one, with a pure heart. Please, many underage women who abort have no idea what they are**

**doing. If any pregnancy is unwanted, do not kill the baby, give facilities to those women to have the baby.**

**For the love of God. From heart to heart. Everything bad that we do on this earth, although the law made by humans does not punish, the law of the gods will punish it. Remember my words.**

**When you die your problems will begin.**

**Thank you so 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 experience is the same as a TV screen, you put on any channel and all kinds of different images come out and if you try to take any image, for example money, you only take the screen.

Just like life, if a person has a lot of money, when he dies, where does his money go? Money can't take you to the grave.

If she's sick, she can't use the money either. Everything we have is nothing real, just as anything is nothing real. That's why you don't have to take things so seriously. Like when you are sleeping, when night comes and we dream, sometimes we have terrifying dreams, for example you dream that someone is chasing you to kill you and with these dreams you sweat from fear, you get all your clothes wet.

When you wake up you think: Thank goodness, it was all a dream. But when you have the dream, you think it's real, that's why you were sweating from so much fear. When you wake up you say: thank goodness it was all a dream!

But you are wrong, because when you wake up you enter another dream. There is a dream with closed eyes and others with open eyes. Both are dreams and neither is real. People say Ah!... life, life, life... but it's not real. But we take things as if they were real. What you see and what you touch is only for a few years or a few months, a few days or a few minutes, because we don't know when we are going to die. At any moment we can die. Some before and others after but we are all going to die. When we go to sleep, we don't know if this will be our last night. Many people when they get up, have an accident, get sick, and die. Any night can be your last night. Who guarantees that this will not be your last night?

On this earth, with so many millions of people... for how many people will this be their last night? When you least expect it, you may have to die. There is nothing certain, there is nothing real.

When you die you don't take anything with you. It doesn't matter if you are a millionaire, a nobleman, a poor man... you live very well and happily... nothing is real. If you know nothing is real, don't take life so seriously. There is nothing real. Love, there is nothing real, because when you die if there is no body, what do you love? Nothing is real. If you understand this you can live well and happily.

If you have a wish and you can't fulfill it, you get sad... if you have ten wishes, you're going to be 10 times sad, if you have a million wishes, you're going to be a million times sad. That's why to live well, do what you have to do, and don't try to take advantage of others. Many people say: look, look, I have taken advantage of that poor woman/man and today I have a million euros. But that person is wrong. If he had not taken advantage of people, today he could have not a million if not 10 million euros. Because last life he did well and he had to have 10 million but since he has deceived and crushed people in this life he will only be able to get a million. If he had done it honestly, that man today could have 10 million. Many people don't know. People think: you have to fight to have money. That's for sure, you have to work to have money, but there are two ways to work, one to work honestly and the other to work taking advantage of people, like a bandit. And to spend it also has two different ways; One is to spend on a whim, like many famous people, for example Hollywood actors who earn so much money and don't know what to do with so many millions... How does everyone end up? hooked on drugs, they all end up on drugs. If this money was invested in doing good things, like setting up a foundation to help people, then they would be saints. But as they say everything for me, everything for me... they eat like everyone else, a kilo of food every day? We all have more or less the same stomach, and there is no room for more. They eat meat, fish, fruit and vegetables, in this world there is nothing else to eat. All they have to do is enrich themselves spiritually, because they have to help others. Why do we have to help others? Well I explain it to you. Each one of us is like a cell of a body.

And the body has millions of cells, each body is a small universe. Every cell in our body has another million cells inside. That is why each cell has its own thought and can move, it goes everywhere it wants. And these cells communicate with each other, just like I communicate with you. That is why the doctor discovers that the cancer cell, before dying, convinces the other healthy cells and they become bad cells. That's why cancer is never cured, why? Because cells communicate with each other, they infect each other. Since there are bad people, for example a thief, one teaches the other and there are more and more thieves. And all together the good cells and the 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. Within a cell there are other smaller ones and within each one of them there are other cells, and within these there are others... All these cells make up my body, and my body is within a society and that society is within a state, and the state within a country, and all countries make up this land. And the earth forms together with the planets a solar system and this solar system is part of a universe full of solar systems. So that you understand how it goes. Our solar system is only a part of the universe full of solar systems. It's not the only solar system in this universe, no. We are part of a system

solar system out of millions of solar systems that make up the universe. In this case, if you help another, that other helps you. You are not helping another, you are helping yourself. Because we all make a set. If you hurt another, you are hurting yourself. For example, our body. If your right hand hits your left hand, the pain from your left hand spreads to the whole body. Even the hand that hits feels bad. The pain is transmitted. It means that if a family educates their child badly, one day that child will be a terrorist or murderer, in this case the peers have educated their child badly and their child can harm others. Even if you were born in any country in the world, in a town or a city, if you don't educate yourself well, one day you can hurt anyone. If a family educates its child well, that child will be the savior of this world. That can make your life so much better. That's why you have to understand that you, me and he don't exist. We are all one, we are not two. If you can understand well what I say, this world will be a paradise. Everything that people do to you, 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 plays his role. Like me, who plays the role of a father with my children, a husband with my wife, a friend with my friends, a teacher with my students. Each plays many roles. You have to do the parts you play well, like me. Try to help the bad cells to become good, because if you don't help, one day those cells may become bad cells. For the good of all.

Everything has cause and effect. Remember well: do not take things so personally. As in Spain every year many men kill their wives and they all say the same nonsense: if it's not for me it's not for anyone. But they forget that man and woman and animals are all in the same category, none is superior. The woman is not yours nor is the man any woman's. Remember well: no one is owned by anyone. Not an animal is owned by anyone. Each one has his own life, his own thought. If you don't treat your wife or your husband well, and the other, since he doesn't feel well, wants to separate, fine, but you can't take revenge, because it was your fault.

You can never always think of Me, me, me... because your life "will go downhill" 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 for another and the other for the other, this body is healthy.

Everything will be perfect. If you teach another to be good, this other will teach another to be good and thus the whole country will be good. That's what you have to do. Do not differentiate between you, me, him. We are all No. If you treat the other as if you were yourself, it is impossible for you to hurt them, because nobody wants to hurt themselves. If you treat others as if they were yourself, this world would be a paradise, and everyone will treat you well. Same as politics. If the people tighten their belts due to the crisis, the government has to tighten their belts too and cannot waste a penny. If the people go by subway, the government must go by subway. If the people drive, the government drives.

Because we are all one. This is how it rises from the crisis. If the people are poor and the government rich, if the people tighten their belts and the government does not, this cannot be the case. If we all thought of each other as yourself, here it would be a paradise. If each one goes for their interests, things will go very badly. Because you try to have a good time without thinking about the people who have a bad time. How many millions of families have to sacrifice you for you? So that a family can live well.... How many families have to suffer? That is a sin.

### *Why is life a dream?*

Life is the same as a dream because when we are born we come with nothing and all our lives accumulating wealth and when we die we take nothing with us. If we don't take anything with us on this journey that is life, in the end we don't take anything with us. If we don't take anything, why do we fight so much? What do we do? And if we don't take anything. Why do we do so much damage and mislead people? Because?

The only thing that we carry with us after death, are our good and bad acts, it is our conscience.

Consciousness is like the "black box" of an airplane where everything we do in life is recorded.

Who is not sleeping like us? Jesus Christ. He woke up from this dream that is life. The only thing we remember about a person when they die, their actions. Like Jesus Christ, like Buddha or all the people who dedicate their lives to serve people. We remember them by their actions, they try to wake us up from this dream of life so that we do not continue dreaming, with a fantasy. If we know that in the end everything ends in 0, then what are we doing fighting so much?

We must not be selfish and fight for ourselves. If in the end we don't take anything, why? Why don't we exchange this selfishness for generosity and help people?

When a tiger dies, it leaves its skin, we keep its skin and its head. And what do we leave? Jesus Christ leaves his name, leaves his word, leaves his goodness, leaves his heart. Buddha leaves his word, his writing, his Bible, with his actions with his heart.

Like Muhammad and all these great religious leaders. After so long, we still think about them, because they gave everything for the people. They go through this life helping people and we only think selfishly, we only think of ourselves. What difference there are? After their death they go to heaven for all eternity and we do not take anything with us through our selfish acts.

Compare your actions with those of all these holy people. Why don't we do like them?, leaving our words and our good advice, helping people. If you do good things for others, you are doing good for yourself and for your conscience.

**So your conscience is clear.**

**At any moment any of us can die. Not only the old die, anyone can die, babies, young, old... the cemetery is full of people of all ages. No one guarantees you that you will live until you are old. At any moment we can die. Take advantage of your life and help others, with all your heart.**

**Since you were little, your father and mother take care of you, feed you, educate you, give you warmth and a lot of love, so you first have to be grateful to your father and mother. If you don't know how to thank your parents for all the good they have done for you, you cannot consider yourself as a person.**

**So now you know, life is a dream, take advantage of it to help others with all your heart, because when you die you will only carry your actions with you.**

***Why is life a theater?***

**Make no mistake, we are actors in a movie, what we play in this life is pure theater because each one plays several roles.**

**For example, I play the role of father, son, husband, friend, uncle or teacher, each one plays several roles. All this interpretation is just that, because what we play, a prince, a king, a millionaire, a lucky or unlucky man, all those roles are pure fantasy, it is not real.**

**Many people play roles of very unfortunate people, others of millionaires and they are happy, all those roles are not real, because what we have, wealth, happiness, everything they have, when we stop breathing, it's over. All these interpreted performances can be finished at any time, that is, in life you have to know that everything we see, touch and possess is momentary, it is not forever. We come into this world alone and empty-handed and when we leave one day, we leave alone, one person and empty-handed.**

**The only thing we carry with us is our conscience, that is what goes with us.**

**Good deeds will have their fruits and bad deeds also have their fruits. Many people get confused and fight in this life for everything they own, believing that it will last forever, that's why many people do whatever it takes: they hurt people, cheat and scam to get what they want at all costs. .**

**The news recently featured the case of a drug dealer who made a 50-meter basement in his garden to hide from the police and lived there for many years. He had money and power but he lived like a rat so as not to be caught by the police. Let's think about what kind of life he led, he lived like a rat underground, he couldn't go outside, and he was finally captured.**

**This person is going to spend the rest of his life in jail just to enjoy a few years of wealth, he is going to pay the rest of his life for his mistakes. When he dies, he will have to settle accounts with his conscience, with God and with the law of God, the nightmare will begin after his death, because human law only imprisons him, the law of the Gods will cause him to have a daily death sentence for hundreds, thousands and millions of years. This isn't worth it, that's the type of person who doesn't understand that life is nothing, we're just playing a role, you don't have to be the bad guy.**

**It's like a rat when it passes through the street, everyone looks for it and hates it, nobody likes it. These people only think that in earning little money in a short time, they are very wrong.**

**People who play the good guy spread love to people and to themselves. Before loving others, you have to love yourself, you have to respect yourself, you have to do things that can make you raise your head towards the Gods and not do things that make you drop your face in shame, you have to justify yourself before yourself first. You cannot create a bad conscience yourself, that's why you have to do things well to be able to sleep peacefully.**

**Doing good things from the heart is good for you because you help people do good without asking for anything in return, but you have to do it anonymously so that nobody talks about you and you don't have to brag about it.**

**If he boasts about it, his acts are not clean, doing things with that condition is pure business and it is better not to do it, it is an act that has to come from the heart and should not be claimed, repeated or said, but it is self-propaganda . When you help people you don't talk about it, it has to be a pure and good act.**

**If you do a good act, the person you have helped will always remember it and your act will be repaid by God.**

**As life is a theater we have to try to help people, those good deeds are the only thing that will go with us when we leave. No matter all the wealth, money, property, children and partner you have, when you die you go alone. Your family is not going to commit suicide to accompany you, you come into this world alone and you leave alone.**

**Think that every night could be the last, the cemetery is not only full of old people, there are also many young people. Many people die in traffic accidents, if they had known that they were going to die that day in a traffic accident, they surely would not have left. You don't have to make plans for the distant future, now what you have to do is benefit yourself by helping others, because the day you have a problem, those people will help you.**

**If you are selfish and only think of yourself, you will have no one by your side. Nobody wants to be with a person who only thinks of oneself.**

To be okay with them, you first have to think about them and do things for them. It's like a mirror, when you show love, the mirror returns love, don't try to deceive, a lie must be covered by 10 lies to cover one, a hundred lies to cover ten, one lie after another leads nowhere. You can cheat once, but no more, that has no future.

You always have to do things from the heart, so everyone will love you, you will have a happy family, people will trust your business and you will be an honest person and you will go far, but if you don't stop thinking about yourself and you don't stop lying and cheat, people will not approach you or help you when you are in trouble, the road to hell will begin when you die. There are people who don't believe in hell but that doesn't mean it doesn't exist.

Atheists don't believe in hell, but I tell them to believe 50% that it exists and 50% that it doesn't. The Bible always talks about heaven and hell, like it or not, they exist and are there. What explanation is there that some people are born princes and others are born in poor countries where they die of hunger while others are very rich. Those differences are the result of the past life, God is fair, each one reaps what he has sown. All the negative of the past life is harvested in this life with bad luck. If in this life you have good luck and everything goes perfectly, it is because in the past life you have sown positive things, you have helped people and that is why you have reaped positive things in this 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, it is as if you had saved a lot of money in your previous life to enjoy this life, if in this life you have bad luck what 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 of a good deed equals 100,000 of a millionaire. If a millionaire gives 100,000 and a poor man gives 1 cent, in the eyes of God it has the same value, that is, if a millionaire gives 10% of his fortune, in this case 100,000, and a poor person only has 1,000 and gives 100, these 100 are equivalent to the millionaire's 100,000. Before God it is not the amount but what is given from the heart, otherwise all the millionaires would go to heaven and all the poor would go to hell.

In reality, most millionaires go to hell because they tend to be selfish and only think of themselves and sharing their wealth with their family. The poor tend to be more understanding and always tend to help other poor people and that is why they go to heaven. For everything to go well, you have to help others, it really is doing it for yourself, you have to help others because others will return the favor from their hearts, and if you try to take advantage of others, it is "bread for today and hungry for tomorrow", they step on the others to ascend. You have to do things for others because it benefits you directly and indirectly. If you lie and deceive others, you will only harm yourself and others will only wait for their moment to take revenge and it is not life to watch your back continuously.

**We are actors in this life, you should not think that we play real roles, what is real? When you die, you take absolutely nothing with you.**

**If it is not real, what is the use of lying and killing to get profit if in the end it will not take anything, we can die at any time from a traffic accident, a work accident, an attack...**

**No one can guarantee how long you will live, you have to take advantage of each day to do something for others to give meaning to our lives, if you think selfishly you will end up alone, in prison and will be punished when the time comes.**

**Life is a dream, we are actors in a theater or in a movie, life is not real. That's why try not to think about yourself, think about the other.**

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

**People know that life is a mirage. And why does he continue doing within this illusion and within this fantasy? We all know that when we take off our shoes at night, it may be our last night. We may never wear shoes again because we will have died. Many people put their shoes on in the morning and don't put them on again, because during the day they had a seizure and died, or because they had an accident. It doesn't matter how old you are, whether you are young or old, the time comes for all of us, some before and others after.**

**What we do know is that we are all going to die. Everyone, no one escapes death. Nobody, nobody knows when they are going to die, we can die anywhere. Do you know? not true. How many people know that when they wake up one day that will be the last day of their life?**

**We know that to eat we need little money, how much money do we need to eat? very little we already know.**

**How much does the food cost? If you buy it in the market and then cook it at home, how much can you spend? 20 or 30 euros? it is little. I am a vegetarian, in one day I can spend 5 euros to eat; I buy fruit, vegetables, cereals... €5 is enough for me, I don't need more.**

**For example, with 1 euro you buy a package 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 gives you more or less the same basket, the quality may be higher, it may be worth 3 or 4 euros more at most. But how much do you pay to eat that spaghetti in a restaurant? You pay 30, 50, 100 euros depending on the restaurant where you go. And why do you pay so much? you pay for it on a whim, spaghetti, the base is the same. Yes One person eating at home can spend 0.50 cents and another in a restaurant can spend up to 100 euros. The base is the same. We know that everything is a whim. We know that maintaining this body costs little. The whims are what it costs. Like cars, for 3,000 or 4,000 euros you have a car to take you from one place to another, and there are cars that are worth 1,000,000 or more. They serve the same purpose, but we pay dearly for whims.**

**We in this world live in an illusion, a mirage. What is real? For example, this controller is here at the moment and over time it breaks down and you throw it away.**

This arm that holds the command, this body that we have, in a few years rots and disappears. The body dies and there is no bone left. Where is the body? it has disappeared. In this world there is nothing real, everything is a mirage. Think about it, if there is nothing real, why do you do so much harm, do you do so much harm to people, killing, crushing, mistreating... to take advantage? What do you get? Above all, the government, since the money is not theirs, spends it however they want and gives it away to whoever they want. That money belongs to the people who, penny by penny, have earned it. The money comes from the citizens, and it has to go back to the citizens. The poor do not have to help the rich, that is not correct. Politicians take money from the people to give it to the banks. This year in Spain, in these nine months of 2012, Bankia has lost 7,053 million euros.

And the people have to pay those bankers who don't know how to manage their business, and the government has to raise taxes and take the money from anywhere to give it to the banks. Imagine, the government needs 40 billion to cover the banks. Imagine with that money! How many families could be helped! And instead of helping, he takes money from people to help the rich. A rich man helps another rich man. Bankers have a lot of money and a lot of things. Why do they help them if they don't need it? The money is needed by the people who are having a very bad time. In Spain, there are 1,700,000 families that none of its members work, that both are unemployed and have no money to eat. Life is an illusion, the only thing you really have is what you do, your good or bad acts. That's what you take with you when you die. That's why everything in this life is a mirage.

Nothing is real, the only thing that counts are our actions.

So here it will be a paradise.

Thank you so much.



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## 15.- LIFE HAS TWO PATHS

Life has two paths.

The first path is the path of egoism. For me, for me and for me.

Normally people choose this path. The path of pure egoism: I want this, I don't want that. Everyone thinks of him first. This is the first path.

The problem is that we all think of myself and this means that we don't think of others. That is called negative.

The bad thing about this path is that in any situation, you always think of yourself and never of others, always your interests first. In this case you will never have friends. If you are selfish you will not have a good partner because if you only think of yourself and you do not think of your wife how will it go well. If everyone fights for their interests, how will it go well? In the family the same, with your father, mother, children... it will not go well for you either because you only think of yourself instead of the other. You have to put yourself in the other's place, in what the other needs, not in what you need. If you only think about your interests and not those of the other person. You won't get far. Like people who sell drugs, weapons or anything negative, they don't care if they are going to do harm, if with those weapons they are going to kill people or with drugs they are going to destroy lives and families, they only think about making money. That is pure selfishness. He only cares about his interests like the people who steal, he does not think about the damage he is doing to the other. People who cheat others to get rich don't care if others suffer. A government that spends the sweat money and the effort of the people on nonsense, only thinking about their well-being, that is pure selfishness. Each penny has to think 100 times before spending it, because that money is not yours, it belongs to the people who have earned it with their efforts. That has consequences. His conscience and God will punish him. Governments that give money for abortion, to help kill their own people, will have its consequences, the baby's soul will avenge all parties involved in its murder. The government that approves it, the doctor who cuts the baby piece by piece to remove it from its mother's womb and the mother who consents to this murder.

Imagine if they cut you piece by piece, what do you think? You only think of yourself, you are selfish. The government that consents to sexual relations between minors saying that nothing happens because if you stay

**pregnant is in charge of liquidating your son without problems, it is a very negative government and everyone will pay the consequences.**

**She uses the people's money to kill her own people, to murder her future citizens and, as the woman is stupid, she consents to her son being killed. But then conscience and the law of God will punish them harshly. The consequences are very serious. Your conscience will never be calm. With two abortions later, forget about having more children because each time you will have fewer chances of having children, your womb will no longer be able to support another pregnancy and when you want to have children you will not be able to. Think about it before you abort.**

**If you don't want to have your child, give it up for adoption, there are many people who want to adopt because they can't have children. I'm sure your son will live very happily, you don't have to kill him. Many people wait to adopt. It cannot be said that before a baby is born it is not human, we are all equal and have the same rights.**

**We have the same body, one bigger and one smaller, we have a soul and the baby also has a soul. We are all the same. Don't tell me that the baby's eyes aren't eyes like ours, that his heart doesn't beat like ours... what right do we have to kill? Killing is never good. Think about it. You can deceive people but not in conscience. Because you are going to have nightmares, you are not going to have friends or family. You should never tell lies even if the truth harms you. You must be sincere for your sake. First you have to raise your head and say it out loud I always tell the truth even if it harms my interests. You can never miss the truth. You must be sincere. The lie never goes far.**

**As long as you put yourself in front of everyone, your path goes to hell. At any moment you can die, so while you are alive try to leave this path of selfishness.**

**The second way is to understand that the self is not important. It is to leave the I. This second path is to do the opposite of the first path. For your good, you must first think of the other person before yourself, of anything. In any situation.**

**Always think of the other person's interests. If you with kindness and love to others, others will treat you with kindness and love. It is like a mirror. What you show the mirror is what is reflected in the mirror and the image that returns to you.**

**If someone treats you badly, if you make a bad face at someone, the other will also show you their bad face.**

**If you help people when they need it and don't make excuses, just help as much as you can, people will give back double what you gave them. Facts are worth a thousand words.**

**What counts are the facts.**

**If you want a good life, always act with your heart in your hand, so I guarantee that you will get everything you want.**

**Always think of the other first. Anyone who makes mistakes, if they truly regret it, and don't make them again, their life will change.**

**If a person makes the same mistakes over and over again, that person is not really sorry.**

**Never fool people.**

**Remember well the second way is to carry out your actions thinking of others first, without saying anything, with your actions you help without demanding anything in return.**

Thank you so much.



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## 16.- 10 THINGS THERE ARE IN LIFE

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

1. If you are not good to your father and mother, do not ask God for anything because God cannot help you. Because if you don't think about your father and mother who give you so much, take care of you, educate you, care about you and everything with pure love without expecting anything in return, if you don't know how to return this favor and you don't take care of your parents when they are sick, you are worse than animals. If you are not good to your parents, that is the worst thing you can do: not knowing how to thank

2. Your siblings always fight, argue always, get along with each other, if you are not able to get along with your own family, then how can you get along with your friends? If the same blood is not able to get along you will never be able to get along with others. That's impossible. If you want to succeed you have to know that you always have to do for others. If you don't get along with the family and there is no love, how can you have love for others.

Then you will be a failure.

3. If your thought, your heart and your word is false, it is a liar, if you deceive people and take advantage of people for your own interests. It doesn't matter if your family leaves you money, a comfortable house... this will not last long. If you are a liar, wealth will not last long because negative brings negative. And negative is bad luck, bad health, they are all failures. These are the consequences of your negative thinking.

If you sow grapes, apples cannot grow. Think wisely.

Negative brings negative. If your thinking is positive, your life will change to positive and you will have good luck and people will help you and every day you will be able to fulfill all your wishes. You can never tell lies, you always have to keep your word, so people will love you. Positive brings positive and negative brings negative.

4. If your actions harm another person and you only think of yourself.

If you take advantage of others to make a profit, even if you have studied a lot, it is of no use to you. Why do you study the Bible? The Bible is not for memorizing, it is for doing and complying with everything it tells us, to act according to the ten commandments.

**God gave us the 10 Commandments to keep, not to memorize.**

**5. If you think I, I, I, I... you think that you are superior. If you think like this, if you think that because you have a lot of university studies you are better than those who have no studies, who are inferior and that they are all stupid. You're wrong. Because a person who has a lot of studies, is always very kind to people, to people who know little, that person who looks down on people, in that case, what are titles for? to bring misfortune to your life, because if you look at others as inferior, be careful with those people, they will only bring misfortune.**

**6. If you do illegal things, to grow fast and get quick benefits, if you do not do according to the norms of society, you are only trying to take advantage of others, it is not intelligence, you are only sowing badly for your tomorrow. Always do things as God commands so as not to screw up. That's why don't think you're very smart, as they say, you're smart. That's why remember and not be smart, whoever goes too far will suffer.**

**7. When you have bad luck, if you always do anything and it doesn't go well and other people do anything and it always goes well, remember well, life is like night and day, when everything goes wrong try to relax try learn something useful like studying or learning a profession during this time because when good luck comes to you that can help you.**

**When you have bad luck it is as if you were in the night, the night is dark, be patient because after the night, what comes? dawn is coming the sun is going to rise, day, light, good luck. And vice versa when people have good luck it's like the midday sun but don't be happy because night and darkness will soon come.**

**That's why I tell you that life is good luck, bad luck, good luck - bad luck and so it goes round and round. Therefore, remember well: when you have bad luck, do not be sad, much less to commit suicide, because when the darkness of the night disappears, daylight will come.**

**8.- If you get money illegally being a bandit and with that you help people, that's useless. If you take advantage of people, you cheat them to get money. That's why if you want to have a good future, you have to earn money honestly. How many people who scam end up in jail! not worth it.**

**9.- If you do not take care of your life, neither the doctors nor the medicines will be able to cure you. If at night you go to the disco and take pills to stay awake all night, in the end you will pay with your health with your life. Watch your health. Eat orderly if you don't have health your life is finished. If you mistreat your body, then your body expires fast. Take care of health. When it's time to sleep, sleep.**

**When it's time to eat: eat. Don't play with food, eat moderately. If you are not healthy, you have nothing. If you don't eat to be beautiful and thinner, in the end you will get sick. You will be 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 have sex outside of marriage, you go to hell. Man and man sex ends fatally. These relationships are the ones that spread the most AIDS. Anal intercourse goes against nature. You will pay dearly for maintaining this type of relationship. You will not have health. If you want a long life with health, do not do what is bad for your health. These people do not harm anyone, but they go against their own nature. If we were all homosexual, we would not have been born, in a short time the human race would have disappeared, because a man with a man and a woman with a woman cannot have children. That is pure whim and whims are expensive. In the end all those people end up fatal. According to the law of the gods all these people go to hell. Try to live well, a normal life as God intended. Your future is in your hands.**

**It is simply advice.  
Thank you so much.**



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

**I is universe, universe is me. It is the same as saying that I am the universe and the universe is me. Just like if I'm free. What is to be free? To be free of soul, to be free of thought, to be free of me, I give you an example so that you understand: we are now like a frog trapped inside a well. We look up at the sky and we only see the piece of sky that the exit from the well allows us to see. We ourselves have fallen into the well and are trapped.**

**If you want to be free, you have to understand one thing: this body expires and dies at any moment. For many reasons it breaks. It's like a flesh and blood machine that needs many components to make it work: heart, brain, liver... a lot of things and it has millions of cells and inside each cell, there are millions of cells...**

**The body is like a car. The car needs thousands of parts to function. You don't just need the engine, you need a lot of stuff. It is not correct to fight for that body because later when it dies it has nothing. It is not logical, we fought in the end for nothing. In order to have something, you must not fight for this machine of flesh and blood, because in the end, what do you have? nothing. When you die you take nothing with you. If you don't take anything, what are you fighting for? Why do you hurt, if in the end you don't take anything. You hurt people to get benefit. That's why the only thing to get something is to fight for your spirit.**

**In the Bible it does not speak of reincarnation but if you want you can go to a hypnosis session and you yourself will be able to see your past lives. This body is to use and throw away. It's like a car, when it gets old it stops working and we change it for another. The body is the same, one day it stops working and we die. The soul leaves the body and when this happens the body becomes a corpse, a stiff.**

**What is the difference between a living body and a dead body? Just like a light bulb off and another on. A light bulb is off because the current does not reach it and it is on when the electric current reaches it, just like our body, it lives because the soul is inside and dies when the soul leaves the body. That's why try to understand: you shouldn't fight for the machine of the body, it's a big mistake, you should fight for your soul to be free.**

**Stop wishing for this body. If you understand that your body is = 0, and that at any moment you can die (we don't know when our last night will be, the cemetery is full of retirees but**

there are also people of all ages) if you understand that you are not the body you will become free.

Do not trust that you will reach 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.

That is why I tell you: I am the universe and the universe is me. To understand this topic, you have to understand that this body is not me, it is what you are using. Like the bulb. You are the current. If the bulb breaks, you take it out, throw it away and put in a new bulb, then the current lights another bulb again. This is how the soul works with this body. We come to this world to understand about the soul, we do not come to this world to get rich and lose everything at any moment when we die. You must understand that you have to fight for your soul to be free. Most people only care about the body, they give all kinds of whims to satisfy this body. You have to raise the level of soul knowledge. Look in society, there are many kinds of people: there are people who can't read or write, there are people who have a doctorate, there are many levels, you have to raise the level of knowledge of the soul. If you can leave this self, you will be the universe and you will be able to travel in the universe. If you believe that this body is me, you will never get out of that body, you will never get out of the well.

It's like it's as if you had entered a room and you yourself had closed the door. You are inside and if you want to be free, open the door and go out. The universe is infinite. Lots of people take drugs and come up with all sorts of sensations. If you want a true sensation, if you want to travel between the stars through infinity and have an infinite life, if you want to be free, a free traveler between the stars and between the millions of solar systems and universes, you just have to leave the self of the body. We are not the only living beings in the universes. We have already heard that aliens come to visit us, life exists on other planets and universes that we do not know about. We are not capable of manufacturing ships that travel through the universe to other universes, we are not capable of manufacturing these spaceships.

We can only build airplanes that go from one place to another on earth or ships that reach the Moon or Mars. Because? because we are very selfish and we only think about getting money and how to improve the life of this body, to give the body whims. Many people only care about their well-being and that of their family.

For example, the president of Syria, who in order to maintain his power and give all kinds of wealth and comfort to his family, mercilessly crushes his people. When people raise their voices: it kills them. All those who go against his ideas, he kills. That is selfishness.

Kill people to keep power. That is pure selfishness. If you stop being selfish you can be free. On other planets they have very advanced technology much more than us, why? because here on earth we are very selfish and our life lasts a few years, approximately 100 years at the most, and to invent great things many years of research and study are needed. On other planets, life lasts 1,000 years, and that is why they can investigate for longer. If we lived a thousand years apart, we might as well have such advanced technology. Because they

**can they live longer? because they have a heart of gold and we are very selfish. It's like a flashlight, we keep the flashlight on for 24 hours, we don't stop thinking**

**During the day and night, we have millions of thoughts in a second and when we sleep we keep thinking in dreams. That is why our energy is depleted, it is spent faster. On other planets, they only turn on the energy when they need it so they last longer. It's like a car, you never turn it off, it's always running, like taxis that run continuously, that's why they last less than a private car. That's why if you want to have a long life, happiness, be free, all you have to do is stop fighting for this body.**

**You must not differentiate between me, you, him, between countries, between races... we are all one and we are all equal.**

**There are no superiors to others, we all have a body, the same body. In your past lives you could have been black, African... it doesn't matter what brand the light bulb is, we are all light bulbs. So there are no differences between men and women. Even animals have souls like us. Many men who like to be women so much and have surgery to look like women, put on breasts, dress like women... I tell you that it is not necessary to do all this, if you want to be a woman so much, I guarantee that in the next life you will be born as a woman. You don't have to try to change your nature. If you accept that this self is just a body, you will be free and you will be able to travel among the stars and everything you want will be in your hands. Only this. If you are not disappointed by this body you can have a long life with health. In 40 years I have never gotten sick, I have never gone to the hospital, 40 years perfect, I have not had accidents, nor have I broken any bones. Because I have understood that this body is not me. It is what I use in this life.**

**I is my soul. With positive thinking, there is no egoism and your whole organism will be positive and you will not have any disease like me.**

**Why do some people have cancer? because it has a lot of me: I want, I want, I like this, I don't like this... always thinking about how to satisfy the body. If you don't get what you want, then you get upset and sick. Whatever you do for the body, you will gradually end your life. Take good care of your body with positive, think for the other first. That is called being positive. If you are positive with people, people will return positive to you.**

**If you help people, people return the favors with a heart. With refusal you never end well, "it is bread for today and hunger for tomorrow" because sooner or later you will pay dearly for it. If you do a wrong to people, people pay you back 10 wrongs.**

**That is why I would like if you listen to me, that you understand with your heart. The only one who can save you is yourself, not God. God what can you do? There are many people who study the Bible for many years, but how many people pay attention to what the Bible says and what Jesus Christ says? If you read and do not understand it is useless. Jesus leaves his self, that's why he can perform miracles: raise the dead, heal the sick, walk on water, know his future... if you can understand that this body is not me, you can perform miracles like Jesus Christ. Jesus Christ only thinks of people, he never thinks of himself.**

**The Bible is for you to understand and know how you have to act in life. The Bible is not just for memorizing. It is so that you understand how you must act to be free. Practice and act like Jesus Christ. Do not memorize and nothing else, you have to act. Everybody tries to be free.**

**That's why to be free, you just have to understand that this body is not me and that we are all equal, we are all one. Animals, nature, stars, God... If you think and act like God, you will become God. Do not ask God for anything, ask yourself. If you want health, happiness, long life... ask yourself. How to ask? with all positive thinking by people so all your wishes come true. Only positive wishes. Negative desires have negative consequences.**

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

**No one else's.**

**Thank you so much.**



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*18.- PROTECT YOURSELF FROM YOURSELF.*

**How to protect yourself? People don't know how to protect themselves. If you don't protect, who protects you?**

**Many people think that cheating people to profit is good for him/her. But you are wrong. If you deceive people and crush people, you go against the law of gods and men: this is bad for oneself. Because if you hurt, cheat, take advantage, people will wait for the opportunity to take revenge.**

**He will surely take revenge. It's bad for you. If you want to protect yourself, help people and people will protect you. If you do people wrong, people will pay you back with interest. In this case you are not protecting yourself, on the contrary you are hurting yourself. With your actions, leave selfishness, if you always think of me first you are hurting yourself. Nobody escapes. It's a matter of time. That body does not last infinitely. Through the body we commit selfish acts, you can see on the news that everyone who performs negative acts ends badly. To protect yourself from yourself, you first have to take care of your actions and your thoughts. Negative thought is more serious than negative acts because any negative act has its origin in a negative thought. Negative thought becomes negative act.**

**You have to take care of the information that enters you; you have to stop any negative thinking. When you think something negative, you are hurting yourself. If you want to be well, you must stop all kinds of thoughts of sadness, anguish, negative, because it is affecting your health. Your mind is sending information to the whole body, through the nerves that communicate the brain with the spine to the whole body and it is sick. The mind communicates with the body through the spine. If the mind is blocked, the information is blocked and does not reach the rest of the body and diseases come. Everything has its origin in the mind. Try not to get nervous, not provoke. Under no circumstances do you get angry or sad, because you will pay for all this with your health. What enters the mind then affects the body.**

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

**Any friend, family, acquaintance... if they don't stop "eating the coconut", they don't stop bringing you problems and they don't stop counting their sorrows; you must say Stop! If everyone tells you your sorrows and you put them**

**in your mind, you will end badly. Your head will get bigger and bigger. You catch sadness, nerves, all kinds of sorrows... and you can't stand it. It is as if your family, friends, anyone, are on the beach about to drown and ask for help.**

**You jump to save them but you don't know how to swim, much less to save others. In this case, instead of a corpse, two corpses come out of the water. You don't have to sacrifice yourself for others. If you know how to swim and you jump to save someone: that's fine. But don't die for nothing. Even if it's your family, if you can't do anything. If all the sorrows of your family, your friends, your own... you put them inside your head, in the end you will end up trembling with nerves.**

**At any moment you will have an attack and it will affect your life and your health. That's why you should put Stop. Any family or friend, who affects you negatively, you must separate from him, you must keep a safe distance, with respect; it's to protect you. Any person who communicates with you and transmits information that affects you negatively, you must put a stop. In that case, you have to tell that person that you do not want them to transmit this type of information to you because it makes you feel bad and makes you feel sad. That's protecting you. Like smoking for example. We know that smoking cigarettes is toxic to your body and you continue to smoke. Each cigarette takes 5 minutes of your life. Those people who are not protecting themselves.**

**He hurts himself, he is slowly committing suicide. Also, money is spent to slowly commit suicide, is that logical? The only enemy is within you. All people have two faces within themselves: one positive and one negative.**

**The life that has two paths: one negative and the other positive: the path you want to follow depends on you. If a person has health, a good life, happiness... it is because they choose the positive path.**

**If you want to have everything positive; your family, your health, your life, your work... you must think and do positively. Most people choose the negative path because they are selfish: me, me, me. For anything, the first thought is ME; take advantage, out of interest, as is best for me... the others are not my business. That is why most build their well-being above the pain and suffering of others. He does not care about the pain of others, this is the problem. This person is choosing the negative path.**

**What you sow today is what you will reap tomorrow: you sow negative, you reap negative / you sow positive / you reap positive. It's just a matter of time. The law of karma does not forgive whether you like it or not. Sooner or later it will have negative effects.**

**You do wrong will have negative consequences. This is all out of pure selfishness,**

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

**Like alcohol; if you drink a glass of alcohol it is good for your body, but if you drink too much until you get drunk, it damages your liver, your body and your mind.**

**We know it's bad and why are there so many alcoholics in the world? Because these people are killing each other, they have chosen the negative path to take revenge on themselves. Unconsciously or consciously, you are bringing out the demon that you carry inside. It is as if you take a stone and put it in your shoe. No one can hurt you if you don't want to. That is why you have to understand that everything is whim: like smoking, you know it hurts you and you smoke, it is not logical, on top of that you smoke with the money from the sweat of your brow. This is choosing the negative path for you, the effect will be negative for you.**

**So why do you do it? because this person is selfish, he is negative.**

**Don't hurt others: don't do to others what you don't want them to do to you.**

**Everyone has the right to live. In peace. If no one messes with you, why do you crush others? Why do you take advantage of the weakest? Everything has its consequences.**

**The human law allows abortion, but we live a few years, the human law protects you while you are alive, but when you die, neither the law of God nor your conscience will forgive you, you will have to pay for that murder. The doctors who perform abortions are killing innocent beings, they will also be punished for killing those fetuses. They will suffer for a million years for each fetus they kill, and they will die the same way they killed.**

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

**Never forget that everything has its consequences; The good and bad. Do not think that it will never touch you. I guarantee you that it will touch you, it is only a matter of time. That's why you have to protect yourself.**

**The world is getting more and more selfish. We kill animals to eat them: mercilessly. Meat has its proteins but it also carries viruses.**

**The AIDS virus comes from the monkey. On a whim to eat its meat, now millions of people are infected. Other examples are mad cows, bird flu... be careful with meat!**

**Try to protect yourself, don't eat so 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 body.**

**If you don't protect yourself, who will protect you?**

**Today we talk about "rare diseases" what is that? Why are there more rare diseases every day? Because?**

**It all comes from meat viruses. Think before you eat meat.**

**Even if you live well with all the comforts if you eat a piece of meat and it is infected, your good life is over.**

**That's why I haven't eaten meat for more than 40 years and I do yoga meditation and I never have health problems. If you don't have health, what do you have? What is the use of having a wonderful family, a good job, a good business... if you are sick? Not worth it. Think about it.**

**Anyone who affects you negatively, you must keep a safe distance so that it does not affect you. Do not do stupid things.**

**All whims like drugs are to kill you. They only serve to kill you slowly.**

**People know it but to have sensations they do nonsense. If you want to have good sensations, do yoga-meditation. With yoga, when you are relaxed you can travel beyond the stars, your soul separates from your body and then returns, and all without side effects.**

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

**If you want to have supernatural powers, learn yoga-meditation.**

**Never use witchcraft, that is negative.**

**The only one responsible for your actions is you. Don't blame others.**

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

**Look for the positive path and leave selfishness.**

**Thank you so much.**



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*19. POSITIVE ATTRACTS POSITIVE AND NEGATIVE ATTRACTS  
NEGATIVE.*

**Positive attracts positive and negative attracts negative. How to avoid stress, nerves, sadness, anger to the brink of suicide? Very easy, leaving the self. All stress comes from the self. And I think I don't think, I like it, I don't like it, I want to, I don't want to. Why do you act like this?**

**Think, think, think... think that this I of the body always thinks about everything when it is alone. If people live alone or alone it is much worse. By not talking to anyone, he thinks, thinks and thinks mostly about the past. Most people think about the negative and sad things that have happened to them, few people think about the good memories and happy moments. Think... if you're alone, what a future, with loneliness it will be all black. When you think negative, you put together 3 negative thoughts: about all the things that have gone wrong for you from the past that you have experienced, from the present that is now, and from the future that awaits you. This is how mental illnesses come and then you speak to yourself and answer to yourself. Then you end up in the mental hospital. Why do these people end so badly? Because he only thinks of me, me, me.**

**To avoid nervous states, don't think so much about me. We do not know how many years we will live, in cemeteries there are not only old people, but also young people. Death can come to you 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 you brake or turn around a curve you cannot control it, you are not able to control the speed. Just like young people who take drugs and get drunk... they are not capable of thinking for their own good. All that stress comes from taking things so personally, when what you want does not come out, what you want, you get nervous and stressed. If someone does you wrong, you have a desire for revenge and this does not go well for you. If you keep these feelings of revenge it will affect your thinking, you will not live well, if you keep revenge first it affects yourself because you cannot live well, neither happy nor calm. Because the brain connects to the rest of the body through the spine and transmits that feeling of revenge and sadness.**

**When you have negative thoughts, it affects the communication that exists between the brain and the rest of the body, that communication is blocked and the information does not reach the rest of the body. So when people have these kinds of thoughts, they feel pain in the**

stomach, has tremors in the legs, has trouble breathing... each one of them happens in the weakest point of their body. These people don't know how to control. He takes life very seriously. You can't leave things. In life you don't always get what you want. The problem is the self. We are born with empty arms, we bring nothing into the world, when we die we take nothing with us.

It doesn't matter about money, power, property... when you die you have to leave everything. And besides, we don't know when we will leave this world. Every night can be your last night. That is why you have to understand that if you have money and want to continue your good luck in all aspects of your life, you must do three things:

1 With money available to help others.

2 Advise people to do things right

3 Become a volunteer wherever they need your help.

If you are rich, you must return a part of that money to society so that every day you will have more money. When you do things well, you will feel very positive and happy, you will be happy inside and you transmit this joy to others. This positive energy activates your defenses, it activates your blood circulation, it is good for your health, your life will always be happy and things will work out for you. If a person makes a sad face, they will never find a job or friends.

Nobody will want to see you. Everyone wants positive energy around them. Positive brings positive and negative brings negative. You look at this society: people relate according to their condition, thieves with thieves, drug addicts with drug addicts, politicians with politicians. Each one with his kind.

If you are a good person, you associate with good people like you.

If you are negative you will associate with negative people like you.

Positive with positive and negative with negative. You will pay dearly for all your whims, not only here, but also after death.

We are all the same. A president is worth the same as any of the country's citizens. Before the law we are all equal and 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 it becomes a woman, if it enters a man's body it becomes a man, if the soul enters an animal's body it becomes an animal. But the soul is the same. We are all the same. You can not differentiate, we are all the same. We are all children of God, there is no child of God inferior to another. That is equality.

We pay dearly for all our selfishness: we are destroying the planet. Every day there are more natural disasters, typhoons, tsunamis, droughts,... earthquakes. We are destroying the planet and we pay for it. Killing animals or any living thing is a whim. No one can ride their life with the suffering of others. No one can ever on a whim and to have more, take advantage of others. That you can not ride your life with the pain of the other. That can not be. There are politicians who say that before being born no one is a person and they approve abortion. As

are not people? What are they? Are they weirdos? before being born or after being born we are all children of God. Before we are born we live in our mother's womb, we are small people. We are all people. The fetus also has a heart like you and me. His organism equal to ours. Just as a poor person is a person, a rich person is also a person. You cannot say that a poor person is an animal. A poor man can be poor today, but tomorrow he can be rich. A rich man can be rich today and poor tomorrow. Because life is always turning.

The rich man is living like a sunny day, but then the night comes and be careful, bad luck comes. Life is spinning. That's why if you're a millionaire, help others because life is spinning and you don't know when you're going to have to experience your bad luck. After the day comes the night, as after the light comes the darkness. Whether you like the night or not, bad luck... each one touches his moment. If you have bad luck, hold on and don't be sad because your good luck will soon come and if you have good luck, don't be happy because then bad luck will come to you. The only thing you should do when you have bad luck is to activate your good luck by helping others.

Never think me, me, me and don't think about the past. Because if you don't stop thinking the brain goes crazy and you'll end up in a psychiatrist and the psychiatrist can only give you drugs to make you stupefied.

Accept life as it is. It doesn't matter good or bad. It's life, what are we going to do? Try to forgive others and thus you will forget that negative memory so that it 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 you must reject, so you can live well. You have to be able to stop thinking. If everything you want doesn't come out, it will come out soon, don't worry.

The only person who can hurt you is yourself. All this is pure selfishness. Everything you think and what you do you always do out of selfishness.

Think wisely.

Thank you so much.



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## *20. THE CREDITS*

**Credit is what we get in this life for doing good deeds towards others. With those good deeds we get credit. For example: in life if you help people and you see that all people are like your family, logically when someone is in trouble or problems you help without thinking twice. With these acts you get credit. In this world there are many rich, powerful, famous... with a lot of money and fame. People who have everything they want. Why do these people die young? because of drugs, alcohol and bad life. The cause is that he does not distinguish good from evil and takes advantage of everything he has to buy drugs and alcohol. Those people can have money, be beautiful and famous because in the past they did very good deeds and now in this life they can enjoy the credit of their past life. Why in this world are there so many poor and needy people? Why so many differences between one and the other? because some have credit to spend and others do not.**

**A singer recently had a bathtub made from solid gold. And he spends a lot of money on whims. Be very careful with this! be careful there are many people dying of hunger.**

**You have to use the money to help people who really need it and not spend the money like this singer who made a solid gold bathtub for his bathroom. This way you spend your credit very quickly and when the credit runs out, a lot of things can happen to you... die by accident, have serious illnesses... If you waste the money and then don't work to earn more, in a moment you're going to stay without anything. If you go to the casino, in one night you can lose millions and millions. Money is withdrawn from society and must return to society. This body can die at any moment and everything is over. If in your life you don't have luck in love, work, health, family... if you have problems of any kind, help people in need every day.**

**With your money, help people in need and advise people to stop doing harm. So you earn credit. When you have credit, you ask God for what you want and God will help you. As long as they are positive wishes, never ask for anything negative. Asking God and not helping others will not get you anything. To have what you ask for you have to do good. If you see society as if it were your family, logically you will help. If you see it as a third person that has nothing to do with you, you are not going to help her.**

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

**If you see the other as your family, you will help them and you will not spend the money like that singer who made himself a bathtub of gold. A solid gold bath, how many lives can it save? think. To save the life of a child you 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 they were your own family, surely you would help them. If you can do it, your life will be fantastic and your wishes will come true. All will be okay. If you have a heart of gold your whole life will be perfect. Health problems come from negative thoughts such as sadness, anguish, nerves, revenge... and from the meat we eat. Meat has proteins that are good for your body, but it also has viruses. If you eat a piece of infected meat 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 passed to man and many people have died by this disease and there are millions of infected in the world. It's worth it? No. As the saying goes "whims are expensive".**

**Any living thing you try to kill, watch it run away. Nobody wants to die! Do not eat the animals, they are living beings like us, respect them. If you don't want someone to kill you, don't kill anyone. Watch the ants, try to kill one, watch it run away. Nobody likes to die. So don't eat meat. Do not kill any living being. Don't do to anyone what you don't want them to do to you. The man is physically stronger than the woman that is why from the beginning of the story the man crushes the woman. Do you think it's fair? We are all equal before God.**

**Man, woman, child, animal... we are all equal and there is no one superior to anyone. If you think you are superior, you are going to have a bad time. We think we are superior to animals, that's why we kill them to eat them and look how many diseases eating meat has caused us. There are more and more rare diseases. And the people who suffer from these types of diseases are the people who eat meat.**

**We live a few years, try to take care of your health to live well for the time you remain on this earth.**

**Thank you so much.**



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

Lately in Spain every day scandals for corruption of politicians come to light. We are on March 12, 2013. The problem is selfishness. Because you only think of "I" in yourself. People think they can steal public money without others knowing. Almost all politicians are involved in scandals. All these people have studies and are well formed intellectually. They go too smart. They think they will not have to bear the consequences. Everyone who steals, whether political or private, is he discovered? think about it. Almost 100% is discovered. It's a matter of time. They will convict you and put you in jail and take away everything you have. If they know that stealing will end badly, why do they steal? because they have a childish thought that they will not be discovered. It's just a matter of time.

Anyone who listens to me and is going to commit a crime, think it over. Everyone has their punishment sooner or later. If you steal money from the town, you owe the whole town. If Spain has more than 40 million people, you owe those 40 million people. And how do you pay? In the next lives these people will be born as animals for millions of years to pay all the people they have stolen. Do not steal, you will have less money but you will live much better and calmer. Money, jewelry and valuables are always in safes because no one dares to put them on. So what is it for? to keep them in the safe? If you like jewelry, go to a jewelry store to see them and it doesn't cost you anything. What difference is there in having them in the safe at home than in the safe at a jewelry store? none. So why do you spend so much money on jewelry? Just to see them? The diamond is a stone, it is not eaten. So what's the use of having it? The consequences of stealing so much money from people are very, very serious. People are not able to understand. People steal, cheat, cheat each other, where will these people end up? in jail.

Another example is the banks, they also rob people, cheat and sell products with fine print that are then worthless and you cannot get the money back. It is a scam. People trust banks and then the banks keep their money. On top of that, they lose money because they don't know the business and then we all pay for their mismanagement. The people help the banks and the banks take advantage of the people. Before, when they granted you a mortgage to buy an apartment, the bank valued the apartment in x amount, which included not only the apartment, but also the car, the works, the furniture...

**When one day you can't pay the mortgage, then the bank says that your apartment is worth much less. You cannot return it because its value is much less than what you owe to the bank. Then you are left without a flat and you also have a debt with the bank. The bank does this trick to benefit from the poor people. Every scam is a negative act. And everything negative brings negative. There's no more. This body at any moment can die. When air doesn't get into your lungs, you stop breathing and you die. In one day this body rots, fills with worms, swells, fluid comes out... so why do you love this body? This body is not you. It is what you use.**

**That's why don't be a slave to your body. Thought should command the body, not the other way around.**

**All the people who steal, cheat, swindle, kill... they all do it only for the benefit of their body. Everything to benefit the body. This body costs little to maintain. What do you eat every day? 2 or 3 kilos of food maximum. Food costs little. A steak in the market can cost you 5 euros and in the restaurant it costs 50 or 100 euros. Spain has more than 6 million unemployed and politicians continue to steal and swindle the people, charging commissions for everything. They have no compassion for people who are having a hard time.**

**Politicians who are in favor of abortion do not think that thanks to their mother who has not aborted they are alive. If their mothers thought like them, they would not have been born. Their mothers would have killed them before they were born. Politicians who approve abortion and pay for women to have abortions will go to hell for billions of years. All those who are in favor of abortion and kill their own countrymen are children of the devil.**

**When they die they will go to hell for millions of years. 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 meat, the virus that the animal you have eaten has passes into your body.**

**It doesn't matter if you cook the meat, many viruses don't die and when you eat that contaminated meat, you become contaminated and sick. If you want to be healthy, try not to eat meat.**

**The basis of all mental illnesses is the SELF. Selfishness. Loving the body too much. The soul has no needs; He doesn't eat, he doesn't need to dress or own money or property or diamonds or jewels. What can the body last? maximum 100 years. Cemeteries are not only old, there are also young. Your body is like a corpse that moves because it has a soul. The body has to serve the soul, not the soul to serve the body. It doesn't matter how old you are, at any moment you can die, don't delude yourself that you will live many years, you don't know that. Nobody knows. The body is like a car that is yours, but it is not you. You drive it but it's not you. The body is what we wear, like the clothes we wear, but it's not me.**

**The problem of humanity, the only problem that there is in humanity is: me, me, me. It's selfish, selfish, selfish.**

Everyone only thinks of himself and others who get screwed. They only serve your body. But this body is worthless, when you die nobody wants it, people don't eat human flesh. If this body is worth nothing, why do you live only for it? Try with this body to help people. The more you pamper the body, the worse it is because every day it will ask you for more and more and you will be more and more a slave to your body. Politicians earn a good salary. After 7 years of work they get the maximum pension. If you always worry about everything, it will cause you a state of nerves and stress that is not worth it.

If you have problems I will explain how you should do to relax.

It's very simple: do yoga, in the position you want and wherever you want. You are working or resting. You just have to concentrate on breathing, on the air that enters your lungs and then leaves through your mouth. Don't listen to any thought that comes to mind just think about your breathing. Occupy your mind by concentrating it on your breathing; How air enters and leaves your lungs. Little by little you will find yourself relaxed. You have to try to bring the air to below the navel. Not through the mouth, through the nose. Breathe slow, fine, soft and long. Try to get used to this way of breathing until you can do it 24 hours.

The longer the breath, the longer your life will be.

Remember that oxygen must reach your entire body to feel good.

The mind is always thinking: I like it/I don't like it, I feel bad/I feel good, I want this/I don't want the other... always thinking of me. This is the problem. Leave all this and live happily. Stop thinking so much about me.

Every day you should do 30 minutes of yoga, it doesn't matter what time, any time is good. If you can't control your mind or stop thinking, there is another formula: recite mantra. I teach you a 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, recite it with all your thought. Occupy your whole mind with this mantra. This is how he heals you, saves you and protects you from mental illness. Plus it's free. If you want to live happily and have all your wishes come true, you just have to recite this mantra.

If you always think first of your tastes, your desires, your interests before the interests of others, it is selfish. There is no excuse.

Excuses are to self-deceive. Don't put conditions when you help someone, because then you remain selfish. If you help someone you must do it without putting any conditions. There are many millionaires who have hotels with thousands of beds. That person, no matter how many beds they have, can only sleep in one bed at night. You can't sleep in a thousand beds at once. What is the use of having billions, if you don't need so much to live, to have it in the bank? Don't look for excuses to get more money by cheating, cheating... that's at the whim of the body, not out of necessity. The need of your body is little. Does your body need so many millions? When you die, what will your body do with so many millions? Are you going to take them to the grave and be the richest corpse in the cemetery? what good is so much money if your body does not

you need it. The body does not ask for anything, it is the mind that with its negative thought self-deceives this body. There's no more.

Divorce, why are there so many divorces if before getting married everyone promises that they will love each other for life? They promise that one will take care of the other for life. So why are there so many divorces? The husband should think for the good of the wife and the wife should think for the good of the husband. When you give your heart to a woman, the woman returns you with double the heart. The one and the other, each one thinks of his interests. The husband thinks of his interests and the wife thinks of hers. So if the interests are different, they collide and the marriage falls apart. All for selfishness. This hurts both of them, but the most serious thing is that it also hurts the children. When someone gets married, they promise before God that they will be together with their wife/husband for life. So, they are cheating God. All this is out of pure selfishness, it's for thinking only of me, me, me. Do not make innocent children suffer who have nothing to do with your "stuff" as an adult. There is more and more selfishness in this world.

The abortion. A couple having sex is normal, but if they don't want to have children they should take precautions and if they don't and the woman gets pregnant, she can't have an abortion because that's murder. Although the law of this world allows it, in the afterlife this crime is punishable by billions of years of suffering in hell. There are many contraceptive methods to avoid pregnancy, if you do not want to have children and you like to do and enjoy sex, take precautions. You can enjoy sex every day as many times as you want with your partner, that's normal, but if you don't want to have children, take precautions because if the woman gets pregnant, she can't abort. Respect life: Live and let live.

If you get pregnant and don't want your child, give it up for adoption, there are many couples who are desperate to adopt a child. In Spain to be able to adopt a child you must wait about 10 years. If you don't love your son, don't kill him. Give it up for adoption, your child can have a very happy life with a couple who will take care of him and educate him very well, he may even have a better life than the one you can offer him.

Please listen: Today I have spoken about the selfishness that is the basis of all evil. Remember well: for everything to go well in life you must give your heart to others so that others will give you back with all their hearts. Try to be positive and everything will be fine for you.

We must help each other from the heart, it is the only way for everyone to live happily.

Thank you so much.



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## *22. DISEASES. HOW THEY ARRIVE AND HOW TO CURE THEM.*

**Hello. Where do diseases come from? How are they cured? Doctors can only cure 30% of any disease you may have, 70% depends on you. The things in life you have to do with positive thinking. If you take anything to heart, what you want, you are going to be disappointed. The more to heart you take things, the bigger the disappointment.**

**The more you like something if you don't get it, you have more misfortunes, more disappointment. The cell is very important for health. Cells are important to this body. What you think you transmit to the cells, don't forget it. If you think negative; in taking revenge, in deceiving people, you think about doing harm... these negative thoughts, it transmits them to your cells. If you have bad thoughts, negative thoughts, at the same time you transmit them to your cells. If you are pure egoism, your cells are also egoists and all the cells in your body become your enemy. imagine! you think about turning good cells into bad cells. Cells do what you think. That is why when someone insults you and you jump, you get angry, you are not able to control yourself and you take things so personally, you are going to suffer from ill health and diseases. Health depends on blood circulation. If the blood does not circulate, if you get angry, you get sad, you take things to heart, you will have more illnesses. All kinds of negative thinking, whether you have it right or wrong, can all affect your circulation. If it affects your blood circulation, you can have heart attacks of all kinds. All strong sensations are harmful, they can stop your heart at any time. If you are very happy, too. All emotions good or bad you must control them. Everything that passes a limit is bad. When the baby is born, what does he ask for? only food and clothes to be warm. It doesn't ask you for anything else. With that he has enough. He does not ask for brand clothes, or a car, or a house. Just ask for the basics. Since they have few desires, they are generally in good health. As he gets older, he has more and more desires, more and more. ...**

**If you have 100 wishes you will have 100 problems and 100 dislikes if you cannot fulfill them. If you have 1,000,000 wishes, you will have 1,000,000 dislikes and most likely you will have a heart attack. Before you fool people and crush people, your cells learn from you and also crush each other. You have to know that negative brings negative and positive brings positive. If you want good health, you first have to think good thoughts and do good deeds.**

If your thoughts and actions are positive, your cells will be positive and you will have good blood circulation and everything will be perfect for you. 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, the opposite will happen to you: you will have everything negative. If you act honestly with your heart, your thoughts and your actions, everything will work out perfectly. If you only ask, ask and ask and want more, more and more... you will not live happily because you always want more than you have and that is greed. When one day your heart stops and you die, you won't take anything with you to the grave. What we take with us when we die are our actions, our conscience, like the black box of an airplane. Consciousness weighs everything. This life gives you everything back. If people do good deeds, people will repay you with good deeds. On the contrary, if you do negative acts, negative acts will be returned to you. It is the law of cause and effect.

Think about it. If sooner or later you are going to pay with jail, why do you commit crimes? Any person who commits a negative act will pay for it sooner or later. Nobody escapes. You will go to jail sooner or later, so you better not do it. You will have a bad name, you will have a bad name in front of society, you remain bad for a long time with society. Is it worth committing crimes to enjoy a few years? ... then jail awaits you. It's not worth it, it's better to be honest with yourself and with people. You spend your money however you want, but the money of others cannot be touched. Like politicians who spend and steal people's money, they will pay for that

caro.

Better to be honored with you and with people. The people's money is for the people, not for you and your friends. In this life you are punished by the law, but when you die you will be punished by the law of the gods for millions of years. The crimes you commit in this world you will pay for in this world and in the hereafter. Believe it or not you will go to hell. Like terrorists who do not recognize or respect the laws, they will go to jail whether they want to or not. They are not going to be released. That's why don't be disappointed with the things of this body. The body is made of water and hot air, why are you fighting? With little you can be happy, you don't need big houses, cars, brand clothes... you don't need all that. With the basics you can be very happy like the babies.

If you do wrong and deceive people to live better, you will pay dearly. Better to be calm and content with what you have. With what your husband or your wife has you must settle. I'm sure there are better husbands and better wives in the world, that's for sure, you're not the richest handsome man... in the world. But if you want to live in peace you must settle for what you have. With what has touched you.

There is always someone superior to each one. Everyone has what they get. If you are worth 100 euros, you must find a husband of 100 euros. If your husband is worth 50 you are worth 50. Each one with their level. If you have 5 you can't buy something that is worth 10. So you have to settle for what is worth 5.

**And if you are not happy with what you have, if you do not accept what you have been given, then you will never be happy in this life. A lot of people get divorced for that reason, they all look for more. A bird in your hand is better than 100 flying, if you let go of the bird in your hand, then you will be alone. Then you are left with nothing. Loneliness is the great enemy of man/woman and it will kill you little by little: that is the worst. You have to be content with what you have. Because if you search better in the end you can be left with nothing. So you will live happily.**

**Live with your possibilities. What you have, what you earn, with this you have to live. Don't try to live beyond your means because you won't be happy.**

**Do whatever it takes to earn more money within the law. If you are not happy with what you have, you will not be able to live in peace. To be healthy always have positive thinking, positive energy. To have positive energy, you must do three things: help people with money, become a volunteer, and advise people with good words to act correctly. You will be very happy and little by little your mood will be positive. If you are positive, your life will gradually become positive.**

**It is the only thing that can free you from disease. Like me, I haven't been sick in 40 years and I've never been to the hospital. It doesn't matter, good or bad, that's what it is, what it touches. You have to make do with what you have. what can you do? Even if your head hits the wall, you're not going to break it, so why hit yourself? If you get sad you will not solve anything, everything will get worse, you will destroy your own health. That's why good or bad things don't matter, so you can live calm and very happy.**

**You must not think of difference: we are all equal, we are all children of God..... there are no differences between men, women and animals. If there are no differences... think about it... This world will be a paradise.**

**This way you will have good health, a good future and you will live like in a paradise.**

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

**If you have nervous problems, thought problems, sadness, anguish, anger... all kinds of negative thoughts can affect your health. Especially psychological problems. All these brain problems, the only thing that can cure you is to recite a mantra. The pills do not help or cure at all. They're just drugs to knock you out. When the effect of the pills wears off, the same thoughts return, because you are not able to control the thought. So many nerves and worries are going to affect your health and that is when diseases such as cancer come. There are thousands of diseases that can come to you from those states of nerves and sadness. I am now going to teach you a mantra so that you can recite it every time these negative thoughts come to your mind. Repeat this mantra non-stop until all bad thoughts and states of nerves, stress and feelings of sadness are gone. You must repeat until they disappear; 1 hour, 2 hours, 3 hours... 1 day, two days, three days... a week... a month... repeat the mantra as long as you need to remove negative thoughts.**



**With pills you will not solve anything. What can the doctor do for you? Is he going to connect wires to your head and pass you an electric current? Not like this you will not remove negative thoughts from your mind. The only thing that can save you is to recite the mantra that I have taught you. Repeat so many times, days, weeks, months... until those thoughts get tired and go away. So your mind will be healthy and your body too. Listen to me. It's the only thing that can help you. It is 1,000,000 times better than doctors and pills. The only one who can heal you is yourself. There is no other. No one can brainwash you. Nobody. Only you. You have put the bad information in your mind and you must get it out.**

**This mantra can save your life.**

**When such a thought begins to enter your mind, quickly recite this mantra and you will immediately drive it out of your mind. Before taking revenge, committing a crime, hurting people..... Quickly repeat this mantra and correct your thinking. It leaves you like new. So you save yourself. If you are going to betray someone in thought, with actions or words, the only thing that can save you is the mantra. This mantra is miraculous, you have to be convinced that you will do well. This mantra is the name of God. It is the only thing that can save you and clean your thinking.**

### ***PEOPLE WHO NEVER GET SICK.***

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

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

**What is a good person? is the one that every day does 3 good acts:**

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

**Second good act: The one who advises people with good words to act correctly. Does well.**

**Third good act: People who volunteer. They dedicate their free time to helping people.**

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

**In a good person the thought is all positive. If your thinking is positive, the positive energy from your mind passes through the spine to the rest of the body. Otherwise, if the thought is negative, this negative energy passes to the rest of the body and blocks the nerves, the communication between the brain and the rest of the body does not arrive and the person becomes ill.**

**So first you have to act like a good person, you have to have positive thinking. If you have all the positive thinking, you send positive information through the spine to the whole body and the whole organism receives that positive energy. If you do like these people, you will always have good health.**

If you think negative you will have bad health, because your body will receive negative energy. It doesn't matter rightly or wrongly. If people take advantage of you, if people cheat on you, hurt you, you have every right to take revenge. If you stay with that negative thought, you will pay the consequences. Because you are full of negative energy and it will affect your health.

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

*2.- People who have fewer thoughts.*

Don't think so much. If you have fewer thoughts, you have fewer desires, and that person can be healthy.

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

That there is nothing real. If there's nothing real, you don't take things so personally and things can't affect you. If you can be clear about this, you can be like God. You can do what you want, no one can hurt you.

These three types of person are the ones who never get sick.

Another thing: the food. We are vegetarian animals, the type of teeth we have are like those of cows and horses.

Our intestine is twelve times longer than carnivorous animals.

They eat and take out quickly, we eat and it takes several days to take out everything we eat. The meat rots in the intestine and that affects our health. Like mad cows, when cows get sick, they transmit their diseases to us when we eat their meat. If we do not eat their meat, their diseases do not affect us. Viruses are not killed even if you cook it well. Each animal has its diseases, like the monkey that is a carrier of AIDS and nothing happens to it, but it affects our health differently. That's why if we don't eat their meat we have less risk of getting sick.

We have to eat cereals, fruit, vegetables... with all this we already have enough.

For example, myself, I have been a vegetarian for 40 years and I have never been sick, I don't go to the doctor at all, because I feel perfectly. If you don't have health, what do you have?

Therefore, to be in good health:

First you have to be a good person and perform the three positive acts for people.

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

**Third. Leave the thought still, don't give importance to the things that happen, it doesn't matter, don't move the thought. While you move your thoughts, you move your heart and this affects your health. Whatever you see or touch, good or bad try to leave it. So you will have good health.**

**Good health, you have to get it, not even doctors can help you.**

**It's also important to move, you can't just sit in front of the TV scratching your belly. The body, if it doesn't move, breaks down quickly. Walking, doing gentle gymnastics...**

**The best thing is not to move the thought, neither positive nor negative.**

**Thank you so much.**



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

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

**The first seed is that of good. We always carry it within our consciousness. But we also carry another seed: the seed of evil. This seed of evil is the one that learns and grows in this world.**

**The seed of Good means that: within our consciousness we are a god, we are a perfect soul. But we carry the seed of evil because we are in this fantasy world. What we see and touch in this world is a fantasy and we turn it into reality. We turn that fantasy into reality. That is why we must learn to distinguish good from evil. Many people do evil because they do not know how to distinguish good from evil and they get confused.**

**We have to try to teach anyway, instead of criticizing and pointing fingers. All the people who do evil in this world, it is because no one has taught them what is good and evil, and that is why they get confused.**

**In this case we must Teach. We must teach from the beginning, before we are born. The mother since she is pregnant has to teach her son by having good thoughts. When the baby is born, he must also teach with his actions, because the baby, although he does not know how to speak, sees and learns. Just because he doesn't speak doesn't mean he doesn't understand. The baby learns everything he sees and hears. That is why if you want to have a good future for your child, you first have to set an example, both the father and the mother. So the son learns by your example. That is why if the father or mother does wrong, the child learns badly because the child does exactly the same as what he has seen his parents do.**

**Therefore, for the seed of good to grow and bear fruit, it needs you to act as if it were a tree.**

**A tree needs: soil, water, sun, fertilizer... to grow. That's why in order for the seed of good to grow, it needs your good deeds.**

**If you want to be a good person, first think everything positive, speak positive words to anyone. Because every person has a positive and a negative part. If you want everyone to be good to you and have happiness, you should talk to**

positive words, you must think positive, you must act positive. Do good things for people. If you do good things for people, if you sacrifice yourself for your friends, for your family, for people, everyone thanks you with their hearts. Everyone will want to be your friend and be with you. You will be the best father and a good citizen. That's why you sacrifice little in exchange for much.

If you want to get a little benefit from people, people will make you pay much more expensive. If you take advantage of even a little bit of people, people will make you pay dearly. That's why one step back is ten steps forward.

So that you understand: in this world, in this society, you must sacrifice something of what you have for others without wanting or asking for anything in return, so you move people's hearts more. In that case, you can get anything you want and you can get anything you want in this world. Any good occasion will always tell you first. That is the seed of good.

If you plant well, it grows well.

**The Seed of Evil** We all have the seed of evil within our conscience. That is why before doing something, a part of our conscience says: yes, yes, do it! And another part of our conscience says: no, no, don't do it! This is the fight 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, consumes drugs.... I guarantee that sooner or later he will die of an overdose. This is your future. Before he dies, he will harm anyone to get money and pay for drugs. This is the seed of evil. If you don't get close, it never grows. If you do people wrong, sooner or later someone will want revenge and come after you. As long as you don't water or fertilize the seed of evil, it won't grow. It depends on ourselves, on how we want to live. If we want to live fantastically or like a rat running from everywhere because nobody wants it and everyone says: kill it, kill it!

This is the seed of good and evil.

There is no negative act that goes without consequences.

Everything we do wrong, in one way or another, sooner or later, returns, you will pay much more expensive. The numbers always never come out. First you punish yourself, if you run into her on the street, you yourself will lower your face in shame, you won't be able to look at his face, that's why you are punishing yourself. If you are a good person and you go anywhere, everyone loves you, that is a good life.

Therefore, if you do nonsense in this world and want to take advantage of people, remember well: whatever you take from people to benefit yourself, or you do harm to people, remember

well, not only your conscience punishes you, people punish you, you have revenge sooner or later. When you die, everything you've achieved in this world, you're not going to take anything, nothing at all.

Above at any moment you can die. Nobody knows the moment, nor the day we are going to die. Nobody knows. When the air does not enter, everything is over. A heart attack, a brain attack... at any moment you can die, without warning.

So don't think you're going to live a lot of years. Nobody assures you anything. That's why try to live well, try to make everyone love you. In that case you must add water, soil and fertilizer to the seed of good. There is no other way to live well and have a perfect life.

That's why if you want to be a Saint in the afterlife, it's very easy: do like Jesus Christ, die for others, live for others. Like Buddha who dedicated more than 49 years to teaching people without ever resting, neither on Saturdays nor on Sundays. Always working for the people for 49 years. Sacrifice for others. We must learn from these people. They only give water and fertilizer to that seed of good, which is why they became world leaders. In life, everything depends on how you want things to be: everything depends on you. Thus the seed of good must be cared for. Forget about the seed of evil that only brings us negative things. It does not bring anything good: at first it seems that you benefit, but over time you will pay dearly with the consequences, they will come to you and you will have problems. Remember well: do not try to take advantage of others to enrich yourself because you will pay very dearly, very dearly. You have a lot of testimonials that support what I say. At first it may seem that things are going well for you, but in a short time things will come to you badly. If you do things wrong, you go thinking that hell is waiting for you: the gates of hell open for you and you will suffer to pay for what you have done.

If you make the seed of good grow, you enter paradise: paradise awaits you. There are not as many problems as in this world, with so many natural disasters, so much suffering... That is why we can turn this earth into a paradise. We only have to fertilize and give water to the seed of good, and we will all live in a paradise.

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

In life you don't have to fight or fight, leave it, it doesn't matter, it's okay, suffering a little is okay. Don't think so much: "I'm suffering, I'm suffering... it doesn't matter. If you can forgive the other, you are paying the seed of good. Do not think about revenge, because in the end the pain will be for everyone and nobody wins anything. That's why never think of revenge. Revenge only feeds the seed of evil. Don't worry, God, his conscience and people will take revenge for you. You don't have to take revenge. Forget! The others will have a bad time, you are only a victim. So you won't have to look back. Who looks back are the people who are afraid because they have done wrong and fear the revenge of others. That is why these people do not live well, always in fear...

**That is why he tries to take care of the seed of good. This is how it will grow and your life will be wonderful, give light, water and fertilizer to the seed of good that you carry inside. Please listen to me: there is nothing that we take to the other world, only our conscience and our good deeds. It is not worth doing evil to profit. Then you will pay dearly for the consequences: hell awaits you. There are people who say that there is no hell, well, and if there is, what? There is a 50% chance that there is, so just in case it exists, what happens? Buddha and Jesus Christ say that there is, so just in case you better not feed the seed of evil. So, father-in-law, you are not going to suffer and you are not going to have a bad time in hell.**

**So try to live in this positive world. Because negative only brings negative and nobody likes the negative. If you don't like negative things, don't do negative things, so in this world we all live happily.**

**Thus, I wish that all of you can understand and act well for yourselves and for others.**

**Thank you so much.**



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## 24. REPENTANCE

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

**If you have hurt someone, for whatever. If for their own benefit or interest, you hurt someone, this person wants to be forgiven, all they have to do is ask for forgiveness with all their heart, they must ask for forgiveness with all their heart. If you have to pay the consequences, you must pay the consequences. In this case, once forgiveness has been requested, you must pay off your debt to the person you have harmed. But it has to be with all your heart. Open your heart and ask for forgiveness humbly and sincerely. We all make mistakes: all of us, some more and others less. The important thing is to ask for forgiveness even if they punish, insult or yell at you and if you have to pay consequences, they must be paid. Thus, you look good with yourself. So you can go with your head held high. Not always ducking your head when you see someone. Raise your head and ask for forgiveness. You approach the person you have hurt and ask for forgiveness. If you have hurt your father or mother, sincerely ask for forgiveness.**

**The true regret is, that once you have recognized your own mistakes and opened your own heart to ask for forgiveness, in the future you will not make the same mistake again. This is true regret. If today you ask for forgiveness and tomorrow you commit the same mistake again, then you are not sorry.**

**You are playing with people, with people's feelings, you try to fool people, you deceive people and therefore you deceive yourself. You are going to pay dearly for this: guaranteed. You are going to pay dearly. When your time comes, sooner or later it's just a matter of time. If you do not want to have a bad time in your future, you must ask for forgiveness. Anyone you've hurt. Asking for forgiveness can save your future. If you want your future to be bright, to have a good family, to have a lot of good things, you must wholeheartedly ask for forgiveness.**

**That's why when you ask for forgiveness, you become an honest man or woman. But remember well, if you ask for forgiveness the consequences will be much less. If you don't ask for forgiveness, when one day your time comes, you will be punished by a super bunch of poor people. If you ask for forgiveness, it's worth it. In this case, the sooner you ask for forgiveness, the sooner your life will change to positive. Remember well.**

**The only thing for your future to go well, beg for forgiveness to whom you have hurt, beg for forgiveness and if necessary, kneel before your victim and beg for their forgiveness. If they can forgive you, you can forgive yourself. Because if you don't ask for forgiveness, you have a thought that records everything you do. If you hurt and crush someone, with this negative thought of hurting people, it will affect your thinking and your health. Every time you do something bad, you accumulate negative energy and you will find more and more negative things around you: bad luck, bad health, people don't love you, bad future, bad job, your marriage will fail...**

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

**Some receive the punishment before and others after. You punish yourself, you pay dearly, it's a matter of time. Sooner or later you will pay dearly. No one escapes their punishment. And if he doesn't apologize, your punishment will be much, much greater. If you ask for forgiveness sometimes they don't even condemn you, you don't pay consequences. Because when you beg for forgiveness with all your heart, most people forgive you.**

**Most people say: "okay, ok, if you ask me for forgiveness in any way, with all your heart, I forgive you" and go back to being your friend. It can even become part of your family.**

### ***So to avoid making more mistakes:***

**First you have to think about the other person. If you think of "me" first, of your own interests, every day you will commit more mistakes.**

**Remember well: you have to ask for forgiveness because you have hurt, first to the gods, second to the people and third to yourself. Every mistake comes from selfishness, the more me, the more mistakes. There are many people who never regret it and each time their lives get worse, they grow old faster and more bad things happen to them.**

**You have to realize that in this world, even if you don't believe it, there is the punishment of the gods. Those people say: I haven't seen God, that's why I don't believe. He does not believe in punishment because he does not see or feel. But in that world there are many things that cannot be seen or felt, but that exist. For example: a remote control for TV. When you press the button the TV turns on or off, raises or lowers the volume.... You don't see the waves, but they exist. It's like the gods, like your own energy, that even if you don't see it, doesn't mean it doesn't exist.**

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

**If someone has hurt you and you hold a grudge and want revenge, all day you are thinking about that thought of revenge, and this hurts yourself.**

**Because with that negative thought, you block the nerves that go from the head to the spine and from there to the whole body, to the whole organism. Ask any doctor, they all agree.**

**When the ducts are blocked, you get sick and life is shortened. If in life you don't have health, what do you have? Therefore, for your own good: if you want to have a long life, luck and good health, you have to do two things: ask for forgiveness when you hurt someone and if another hurts you, you must forgive that person with all your heart. If you don't forgive, how are you going to live if all day you think about revenge, revenge, revenge... how are you going to have good health?**

**That is not possible.**

**That's why for your own good you have to learn to forgive others. If you don't learn to forgive others, that will hurt yourself. You have to forgive and beg for forgiveness and repent from the heart. To truly repent is not to make the same mistake again in the future: that is to truly repent.**

**If today you regret it and tomorrow you continue to make the same mistakes, then you are not truly sorry.**

**Remember well:**

**Two important things in life: begging for forgiveness from the people you have hurt and forgiving the people who have hurt you.**

**In this case you can live with good health, a good future, a good family, everything will be wonderful.**

**People hurt us on many occasions, but don't hold grudges, forgiving others is beneficial for you: you can have a young, bright, friendly face with a good future. When you are angry, always think that it has already happened. And forget it.**

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

**1<sup>o</sup> forget about the past**

**2<sup>nd</sup> forget present, don't think so much,**

**3<sup>o</sup> do not think about the future.**

**Many people think about the future; some think in negative future, or whatever,**

**And then he can no longer live in peace. When you think about the past, the present or the future, you cannot live well: anything from the past, bad or good.**

**Overcoming the bad of your past with regret, without holding a grudge is the best for you.**

**Don't worry, God, society and people will take care to punish people who do evil. Everyone will know what kind of person he is, his future will be the worst. It is not necessary for us to do justice for the damage they do to us.**

**God, the law, society, will punish for you. That's why leave your revenge and your grudge even if you're absolutely right. So you will have a long life, good health and a good future. If you want to be healthy, you must have positive thinking, if not, how can you live if you have hate every day, your face becomes full of hate. Even if you are right, even if you are the victim, forget it because on top of the other person hurting you, you are hurting yourself.**

**That is the worse than worst. The strongest enemy we have is oneself, so think about it for your own good; It all depends on you, not on someone else.**

**The only thing that counts is you.**

**Thank you so much.**



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## *25. FEARS, FEARS AND NIGHTMARES*

**In this life you have to learn not to have fears or fears. Where do fears and fears come from? They come for wishes. What we want to own. Fear for your life, for your future, for all your desires; this causes you fears. The more I have, the more fears and fears will appear to him. The more the self of this body is loved, the worse it will be and you will not live in peace. 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 they will die. Death can come to you at any time for millions of causes. Dying... we are all going to die. We all die. Who doesn't die? This body is mine, not me. If you understand this, that the soul is the same as a tenant, that one day we have to leave this body, then... Why do we do so many negative acts like scamming, cheating, to take advantage of people for the benefit of this body? You will have two problems. The first with your conscience, you know that it is not well done. They will all be fears. The more negative acts you do, the more fears and fears you will have. If you commit ten negative acts against people, you will have ten enemies. Everyone will be waiting for the opportunity to take revenge. If you have a million enemies, you will have a million fears. Everyone will wait for you to have your unlucky moment to come for you. Everyone has their moments of good luck and their moments of bad luck. If when you have good luck, instead of helping, you crush people and take advantage of them, when you have bad luck they will come after you. That is why do not take advantage of your situation of wealth and power, because your good luck will not last a lifetime. Today it is your turn and tomorrow it will be the other's turn. It is the cycle of life. All fears come from this self, the self of the body. Understand that this body is disposable. And nothing more. We are soul and what we always carry with our soul are our actions and our conscience. This never goes away. That is why try to make this me as small as possible, so you will be a person who does not differentiate between me, you, him/her and society.**

**If you do not make differences, you will not deceive another, nor crush another, nor 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 the water. You will be welcome anywhere. Everyone loves you and respects you. You will have no fears or fears. You have to accept life as it comes, with its moments of good luck and its moments of bad luck. Everything you own in this world, when you die you will leave everything.**

**Why take advantage of others to get something for a short time that you are going to live this body? If you are negative you will attract negative: each one with his species: like the thief with the thief, the drug addict with the drug addict... each one with his species. That's why negative is going to join with negative. You have to understand that. In life you have to accept everything you have with your heart, whether it is good or bad. There are many people who commit suicide due to small problems, but this is not going to solve anything. These people have to understand that everyone has their bad luck as well as their good luck. Wait a little that after the darkness comes the dawn and the sun arrives. Don't be happy when your good luck comes to you, because after the good luck will come your bad luck.**

**Life is changing and everyone has to live good and bad moments. Do not give so much importance to the things of this world. If your wife leaves you, you don't have to commit suicide, in this world there are many better women and if your husband leaves you, surely you will find other men much better than your husband. There are millions of people in the world. So don't worry, after your bad luck, your good luck will come and you can find a better husband/wife than the one who left you. sure you have If you always do for others first, offer your heart first... the other will respond in the same way. It will return you with more heart.**

**If you give negative to another, the other will return more negative. This is life. Such is the law of karma. If someone hurts you, don't worry, you don't need to take revenge. He himself will punish himself, the law of God will punish him, his conscience will punish him. All the negative acts that we commit are "bread for today and hunger for tomorrow", that is not going anywhere.**

**That's why try to have that smaller self because the smaller it is, the less fears and fears you will have. The more money you have, the more fears you have. If you have 1,000,000 euros you have 1,000,000 fears, if you have 10 euros you have 10 fears and if you don't have any cent you don't have any fear, because since you don't have anything, nobody can cheat you or hurt you. A millionaire has many more fears because he fears that someone will scam him, that his family will be kidnapped... they have to be protected when they leave home so as not to be robbed and they always go everywhere with fear. Why don't bandits mess with the poor? because they have nothing to take from them. Therefore, if you have nothing, what are you going to fear? that's how you live well.**

**Another fear is disease, if you are afraid, your mind thinks: I have health problems, I have health problems... and your own mind causes the disease. You "eat the coconut". If you give an order from the brain to the body that you have health problems, the body will get sick. The mind controls your body. If your brain thinks negatively, your body will commit negative acts. If the mind says to the body: "jump over the balcony" the body jumps over the balcony. The body always obeys the mind. If with your mind you give the order to your body to perform positive acts, your body will help people.**

**If you think of negative acts, your body will hurt people.**

**Under no circumstances do harm to others. They all end fatally. If someone hurts you, you must forgive and forget because that person is ignorant, we must feel sorry for that person. Because these people are wrong doing harm, the law punishes them, society punishes them and their life will be fatal and when you die you will go to hell and in hell you will remain 1,000,000 years and every day you will recite to die again and again until you serve your sentence. People who think that doing harm to others is beneficial, these people are wrong. Never show your finger when someone is wrong, try to educate with good words so that they understand and change their behavior. Violence returns violence and that never ends. There are many people who make mistakes, for example the terrorists who place bombs on their bodies to carry out attacks in public places such as markets.**

**Those people who kill innocents in the name of God without caring about anything, never in any Bible says that you kill innocents. Innocent people are not to blame for anything. If you have a problem you should solve it with whoever, with the government, politicians... but don't kill innocent people. Those people don't know; if you kill a person, you will go to hell for 1,000,000 years. If you kill 10 people you will go to hell for 10,000,000 years. After leaving hell they will be born as animals and thus they will live for 1,000,000 years and then they will be born as very poor people. People who say that whoever kills to defend religious ideas goes to heaven is a lie. That's 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 that you have to kill, they are manipulating poor ignorant people who do not know how to distinguish good from evil. Your body is not yours, it belongs to your father and mother who have given it to you. You are like a tenant using this body. You must not kill your body and much less that of others.**

**Under no circumstances can no killing be justified. There is no justification for any cause. Killing is forbidden by the law of the gods. There is no forgiveness. Neither cause is valid. Of this you have to be convinced. You can fight for what you want, but never use violence. Violence brings violence.**

**If you want to change a country and the people support you, you can start a party and become president.**

**If the majority wants it that way, it will be that way. But never do it violently. Even if your ideas are good, you will never get them to listen to you by practicing violence and murder, to make your ideas come true. Try to convince people that your ideas are good and if they support you, start a party. If the majority supports you, then you can carry out your ideas but remember well: under no circumstances should you kill to get something. Not even in the name of God. All the people who use the murders to defend any cause will pay dearly. Nobody escapes. When they have their moment of bad luck they will pay dearly and with interest.**

**You have to understand that life is changing. We all have our moments of bad luck and good luck. You don't need to be sad, or get drunk or commit suicide... you don't need all this when you're having a bad time. Everything is going to work out.**

**When you understand that life is changing and we all have our good moments and our bad moments, then you will live calmly and you will not have any fear. Fear kills.**

**Many people when they sleep have nightmares that sometimes cause death. While we sleep, we are not aware that what we dream is only a dream. We think that what we are dreaming is reality and that is why there are many people who die of a heart attack because they think that what they dream is reality. Unfulfilled wishes 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 do not know that we are dreaming. This body is born and dies, everything you have in this life when you die you will have to leave everything, you will not take anything with you. Everything is a dream. That's why don't think that life is real, everything is pure dream. It's just a dream. If you understand this, you will not take life so personally and you will live content, joyful and happy. Do not do anything bad to anyone and fulfill your obligations, so you will not have any fear and you will live in peace. As if you do not pay your taxes, sooner or later you will have to pay them and with interest.**

**That will be worse because you can be left with nothing. Taxes are used to make hospitals and help the well-being 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 you cheat or act against the law, at any moment they will discover you and it will be worse because they will take everything from you. Everything has its moment. The more negative acts you commit, the more nightmares and fears you will have. The accounts do not come out. Help people and fulfill your obligations. Thus you will live well with health and good luck and you will not fear anything or anyone.**

## ***NIGHTMARES***

**The nightmares we have while we sleep. Many, many people have nightmares while they are sleeping, they no longer get up, because they die. Why when we sleep can we have a heart attack and die? Most fatal attacks, which are suffered when we sleep, have their origin in a very big nightmare during their sleep. That is why sleep is very dangerous for life. The problem is that when we dream we do not know that we are dreaming, we believe that we are living reality, we do not distinguish if it is a dream or real life. We turn the dream into reality. This is simply a fantasy, but since we do not distinguish between reality and dream, we believe that what we dream is what we are living. For example, if you dream that someone attacks you with a knife, you really believe that it is happening. The mind goes into a state of shock and the body**

**go dead.**

**As in the attack of September 11 in New York, many people jumped from the top of the buildings into the void. These people, before reaching the ground, died. In a few seconds, if you think that within a few seconds you are going to hit the ground and you are going to be like a mush, before reaching the ground, the mind has already taken your life, this is proven by the doctors. The power of the mind is extraordinary. The power of thought for good**

and for bad. You have to realize that this body moves because the mind has energy, it has a soul and it has consciousness.

A corpse is a body like ours and why doesn't it move? because he lacks the energy, the soul, the conscience. That's why this power of thought can save your life but it can also kill you. It is like a coin that has two sides. You have to control your mind and not let your mind control you. You have to know how to distinguish reality. For that you must practice yoga so you will have a strong conscience and you will control your mind. Inside you you have two types of thoughts, two energies, one positive and one negative. Whatever we do, we think: I do it, I don't do it, I like it, I don't like it, I want it, I don't want it... thinking about killing, not killing, taking revenge or not taking revenge... you're always thinking of two thoughts, one positive and one positive. another negative. These two thoughts you should try to control through yoga meditation and doing good acts towards people to have positive thinking because this positive thinking will give you positive energy.

Most people have very high negative thinking.

When the negative is superior, that person is pure selfishness, he does not think of others, he thinks of others only to get his own benefit without mercy and without principles. You should never take advantage of anyone under any circumstances. All the suffering that you cause to others for your own benefit ends fatally. The law of Karma acts sooner or later and what you reap is what you will reap, be it positive or negative. Nobody escapes. That you must know. Watch TV, every day on the news there are cases of people who have committed a crime and have been arrested by the police. Lots of cases every day. If you act against your principles, your conscience against the law and the law of God you will not escape your punishment. First it will affect your health and then you will have to pay for your crime.

In order not to have nightmares in your dreams, you must understand that this body is mine, it is not me. Like my clothes, my car, my apartment... they are mine, not me. You are your conscience, your soul. The body is used only by the soul in this world. In order not to die before your time, you have to take life more relaxed, don't take things so personally.

The more personally you take things, the more you will suffer. When you are unlucky it is like night and when you are lucky it is like day. After the day what comes? night comes and after night comes day. Life is like that, it changes. When bad luck touches you, don't blame anyone, don't be angry with anyone, wait patiently for good luck, for the sun to rise.

If you have problems in life and you can't take it and commit suicide, you're not going to solve anything and you complicate things on top of that. You do not solve anything and everything is complicated for family, friends and people around. Not only this according to the law of the gods, in the afterlife a lot of suffering awaits you, you will be punished by forcing yourself to commit suicide in the same way that you have done in this life, every 7 days for many years. The pain you feel when your soul leaves your body is very intense and cannot be explained in words. This kind of pain when the soul is going to leave the body... you cannot imagine that anguish. Think about it. You make things worse here in the afterlife.

**Do not worry about any problem, you will soon solve it and your time of good luck will come.**

**Each one is responsible for their actions, if you have problems try to solve them and not commit suicide. It is not correct, you have to be responsible for your actions and only you can fix your things because everyone is responsible for their actions. When you have good luck, don't be happy because your good luck will not last forever. Life is spinning and everyone has their turn. If you want your good luck to last a lifetime, you have to do three things: first, with the money you have left over, help people.**

**Second, he advises people to do good, and third, he helps others. Do not expect to receive anything in return, you have to help without expecting anything in return, with all your heart and incognito without anyone knowing that you are helping. So your conscience will always be happy and you will accumulate positive energy.**

**Any type of dream has a basis. If there is no me, there is no dream. Only the living dream. Where the dreams come from? They come from your unfulfilled desires. Anguish, anger, your unhappiness or happiness... all kinds of positive or negative desires cause your dreams. The more capricious and selfish you are, the more dreams and nightmares you will have. The more you love your body, the more nightmares you will have. The more I more nightmares. The body is for a few years. When we are born we do not bring anything, not even 1 cent and when we die we do not take anything. Everything you own is pure fantasy.**

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

**Thank you so much.**



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

To live with health and a long life, with a good future, good love, a good family and live in a path of roses, as God commands.

Mainly you have to understand 3 things: 1. The past. Every person has some sad moment in their past, some unwanted moment, some bad moment, that moment when people hurt you, or hurt society, family or friends. This you must forget. If you hold a grudge in your thinking, it's like you put all kinds of garbage inside your house. You live inside, and when the garbage rots you rot with the garbage. This people do not understand. Of course, people hurt you. When people hurt you, you have the right to take revenge, to hate. For sure yes. But as long as you hold a grudge and revenge, you are first hurting yourself, not your enemy, no. You hurt yourself. Because when you have this type of negative thought, the brain blocks the nerves that communicate the spine with the rest of the body from the neck. If you always, continuously, 24 hours a day, all year long, you have this negative thought and hold a grudge with all the right, of course, this will affect your entire body... It is proven by doctors that this is not good for us. And since it does not suit us, there is no choice but to forgive. We must forgive others, as if we were forgiving ourselves. Why do we have to forgive if we have been hurt so much? for our own good. Not for the sake of the one who hurts us. If someone has to punish, I assure you, the law of the universe says; each one has his conscience and each one punishes himself. God also punishes, you don't need to hold a grudge, you don't need to take justice on your own. His conscience will punish him, you don't have to bother.

Therefore, you must forgive this past to have a good present and a better future. If you are full of hate, revenge and negative thinking, you are not going to live well. You gonna get crazy. Many people have been through this and are traumatized because they never forget. As Buddha said: All things are not by chance. There are two reasons that explain why people hurt you: The first is that if we hurt that person in our past life, logically that person has the right to take revenge.

If someone hurts us, it is as if we paid off our debt to that person and no longer owe them anything. It is as if you asked for a loan from the bank. After you get credit, you have to pay. What a remedy.  
This is the first possibility.

**Second, if you don't owe anything and they hurt you, don't worry.**

**You will receive principal plus interest in this life or in the next life.**

**I guarantee that you will charge, and you will charge with high interest. That I guarantee.**

**Do not worry about that. That person may escape today, but they will not escape tomorrow.**

**This is the law of the universe, it is the law of consciousness.**

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

**Just like terrorists who don't believe in the law when they carry out a terrorist act.**

**That terrorist, whether or not he believes in the law, is still sentenced and goes to jail.**

**Life is the same. Many people say: "I don't believe in God, I don't believe in anything" But anyone who performs a negative act, the law of the universe, the law of conscience will punish him.**

**There is NO exception. That's how it is.**

**That is why people who can never forget their bad past, live in poor health and live only a few years. The only thing that can hurt us is ourselves, not someone else. We hurt ourselves. Therefore, if you want to live well you must forget the past.**

**You must forget the past.**

**If you can understand this, forget the past, you can live the present very well and very calmly. In your present you will not need to look back when you walk down the street, to see if someone is coming for you. You can walk very calmly, that is very important. People who hurt always look back. Just like the gangsters.**

**They always have bodyguards protecting themselves in front and behind.**

**Because? because they know they are doing wrong and at any time, any day someone can come for him. This is not life. Always looking everywhere.**

**Their houses are protected with all kinds of security, why? because they know they are hurting people. These people cannot live well. Conscience always punishes.**

**That's why in order to live well you first have to forget your past.**

**Another thing: if in a past life we hurt someone and instead of victims we were aggressors and did damage, in that case**

**What we must do is ask for forgiveness, beg for forgiveness, from the one we hurt and think about the way to compensate for that harm. Try to ask again and again for forgiveness and show your regret in any way. You must beg for forgiveness. When once your conscience really feels the shame of what you have done, you can live in peace and live with good health and a good future.**

**People like us, who hurt out of selfishness or for any other cause, must beg for forgiveness. It is not enough to go to church and ask God for forgiveness. Because if when you go out you hurt again, it means that you are not truly sorry for the evil you have done.**

**Regret has to be within your heart. Once we acknowledge our mistakes and beg for forgiveness and do not commit these kinds of negative and selfish acts again, then we are truly sorry.**

**If today you ask for forgiveness and tomorrow you do those bad acts again, you are making fun of the law of the gods. If you are truly sorry, you will not commit negative acts again. That is true repentance.**

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

**Every second that passes this present becomes the past. That's why you can't think about the present either, let alone the past.**

**The future is uncertain. What is to come, whether good or bad, we do not know, so there is no need to worry about the future. If it has to go wrong, worry or don't worry, it will go the same way.**

**If it has to come, well, don't be happy, don't be happy.  
Waiting, waiting... don't worry if it has to come it will come.**

**Therefore, since we don't know what the future holds for us, don't worry, what has to come will come. Any night, when we go to sleep, we don't know when we are going to die.**

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

**If a person is full of negative acts, logically he goes to hell. If a person is full of positive acts, this person has another beyond, another destination beyond this solar system.**

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

**We can upgrade according to our actions and thoughts.**

**Buddha said:**

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

**The body is what we use to learn. Many people are mistaken thinking that the body is me.**

**The body is not me. If you can understand this, you can be good with your family, with your partner, with your friends, with society, and with the whole world. In order to achieve this, you must forget all thoughts of Past, Present and Future.**

**From the past, only remember the positive moments to have a positive present. In the present always have positive thinking and perform positive actions and then you will have a positive future. There are many people on the Internet who say: to have a good future, you just have to think positive.**

**That is not right. Thinking positive is just a project. The important thing is to carry out that project. When you do a project then you have to carry it out. If you just think and don't act, you don't get anywhere.**

**Therefore, what you have to know is:**

**1 Think of positive acts.**

**2 Carry out that project with positive acts helping people.**

**What you think. It only remains within a project, a dream and it does not benefit anyone.**

**On the Internet I have seen pages with many visits that only talk about positive thinking but thinking alone is not enough, you are not going anywhere. It is like being inside a dream.**

**Remember well, what counts are the positive acts, what comes to fruition. If it is not done, then positive is equal to 0.**

**For this reason, I wish that all my friends in the world, on the Internet, please listen to me.**

**Thank you so much.**



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

If you want to have health, wealth and love, what you should do is recite a mantra: **Amitufo, Amitufo, Amitufo....** You have to fill the thought of this mantra, at every moment, always thinking of **AMITUOFO**. If you get angry, think of Amitufo to be able to remove that negative thought. If you are sad also recite the mantra.

When you have a negative thought of revenge, think of Amitufo.

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

Therefore, if you want good health, recite Amitufo at all times, wherever you are; working, walking... that brings positive energy to all things. You will be very happy, you will have a long life with your partner. Any thought of selfishness, think Amitufo. If you're jealous, Amitufo thinks, it's the only thing that can help you. There's no other way.

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

In order to relax, think of Amitufo and then when you are relaxed, think of a solution for your future. If you have business problems or have to make an important decision, you should first relax because you cannot think well with nerves. To relax you need to recite the Amitufo mantra. This is a technique I use. Any problem in life, I do yoga and recite mantra to relax and then when you are relaxed, I think about the problem that worries me and I find the perfect solution myself to solve the problem.

Therefore, trust me, any business, health, or love decision, above all you need to relax, to relax you need to think about mantras. Anyone who has psychological problems, or becomes aggressive, or goes crazy... it's because that person thinks too much. To cure this type of disease, all you have to do is think of this mantra and recite it: **Amitufo, Amitufo, Amitufo....** Just think of this mantra and little by little you will relax. You have to concentrate 24 hours on this mantra. You should not think more than this mantra. Because this mantra **Amitufo, Amitufo...** is like reciting the Our Father, it 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 the**

**maximum concentration. Anyone who asks for your help will get it. It is a promise from this Amitufo God. It is not a joke.**

**In history, everyone who has asked this Buddha for help has helped him.**

**I guarantee you, that you will go to heaven, with Jesus or with Buddha with whoever you want. But you have to recite with all the love of your heart and without another thought, the only thought must be that mantra.**

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

**That's why to have a good life, and feel happy and with a heart full of love. You have to think that all you see are good people. You can't differentiate you, me, him. That's why this mantra can help you, there is nothing else that can help you. Remember well. This mantra is the mantra of salvation. Test it. Any type of disease, any type of problem, if you can recite this mantra 24 hours a day, concentrated, surely your life and your health will improve, because it activates your personal defenses.**

**Positive thinking is what helps you to health. Health does not depend on medicine. It only solves you for a moment, but then with negative thinking the disease comes out again or becomes more and more serious. That's why the only thing that can help you is this mantra, trust this mantra, it doesn't cost anything, it's free. You just have to concentrate and it solves your life. Awesome. That has to be realized.**

**The best advice I can give you is to recite this mantra, it is the only thing that can help you. Before reciting the mantra, you must be confident. This mantra is recited thousands of years ago, it is not from now. It has been a long time, billions of years, that this mantra has existed. And everyone who recites it has attained happiness and long life with health. And after death you will also find happiness. If you believe in heaven, you go to heaven, if you don't believe anything then you are born again. It all depends on our thinking. When we die, the only thing we take with us is our thoughts, our consciousness, everything else remains, our body rots. Everything dies except our actions, our thoughts, our consciousness.**

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

**Thank you so much.**



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*28. THE MANTRA. HOW TO PRACTICE IT TO HAVE HEALTH,  
LIVE LONG AND BE A FUTURE BUDDHA.*

*THE MIRACLES OF THE MANTRA*

The recitation of a mantra can help you. There are many testimonials that 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 be cured. Buddha never lies, he always tells the truth. Anyone with the recitation of a mantra, Buddha or Jesus Christ as you like best and if you come to think only of the mantra as a single thought, surely you can cure all kinds of mental or physical illnesses. The mantra solves all kinds of problems. Everything depends on you, with the only thought in the mantra and without having another thought. This single thought can surely help you overcome any mental or physical problem.

The mantra is very, very, very important.

If you can think 24 hours on the mantra and have the mantra occupy all your thought at all times; At work, dreaming, everywhere you are, I guarantee that the Buddha's name solves all kinds of illnesses for you. Thank you so much.

*THE MIRACLES OF THE MANTRA*

Mantra is repeating the name of a God depending on the religion you are; If you are a Catholic and you like to say Our Father or Jesus Christ or Holy Mary, repeat this name, if you are a Muslim repeat Allah or Mohamed, if you are a Buddhist Amitufo... all these names of gods can help you a lot in your life

How do these mantras help you? well, you know that any thought can affect your mood affecting your health. When any negative thought arises, quickly recite a mantra without stopping repeating so that the thought of this mantra occupies your entire mind and no other thoughts fit. If your mind is occupied with this name of God, no other thought can enter your brain, so all other thoughts have to wait to enter your head until it disappears. When it disappears, you can stop repeating that mantra. When you are sad, do not stop repeating a mantra and that sadness will disappear.

If you have an anxiety attack, just think of any name of a God and little by little this anxiety will disappear. repeating

**these mantras over and over again, all your negative thoughts will disappear.**

**Any type of negative thought such as wanting to hurt someone or wanting revenge disappears. If you want revenge, then you will have problems with the law, they will put you in jail and you will have all kinds of problems. To pass these moments of weakness and crisis, when these thoughts arise, quickly recite a mantra from one of the gods, the one you want and do not stop repeating it until they leave. Because if not, if you carry out any negative act, they can put you in jail and your family, friends, everything will be broken. There are many people who speak to themselves and answer to themselves, they end up in a psychiatric hospital for the rest of their lives. All this comes from the Self.**

**The stronger this self is, the more it suffers. The more you protect this Self, the more problems you will have. If you have the big I you will have big problems, if you have the small I you will have small problems and if you do not have I you will not have problems. The more Me, the desires are stronger and when you have strong desires and you cannot fulfill them, you will suffer a lot. Everyone has to be happy with what they have now.**

**Everyone wants riches, but think that there are people who are much worse off than you, many more people! There are poor people who live very happily and there are millionaires who are not happy. Why, because the poor know that what they have is what they have and they don't ask for more because even if they ask, they know that what they have is what they have.**

**If you are happy with what you have, you will live happily and in good health. If you are not happy with what you have, you will suffer. The more discontent you are, the more you will suffer. The more desires you have, the more you will suffer. If you have one wish you will suffer for one and if you have 100 you will suffer 100 and if you have 1,000,000 wishes you will suffer 1,000,000. So you know, the more desires, the more you will suffer. Whether you suffer or not, you will have good things and bad things in your life, that's how it is. And you don't need to warm your head yourself. When you have a problem, recite a mantra; Do not stop repeating the name of God to fill your mind only with this thought, so the negative thought disappears from your head. There is no other solution. There isn't. To protect yourself from yourself, all you can do is recite a mantra.**

**This is the only thing that can help you. When any negative thought passes through your mind, either with words or actions, before saying anything or acting, quickly recite the mantra that you like best. So that desire to hurt will disappear from your mind.**

**If you say or do something wrong to people, that wrong will come back to you. Nobody forgives. If you treat others as if you were yourself, the other will treat you the same. If you are mean to a person, that person will treat you badly. If you are good, and treat others with affection, the other will return the same treatment. If you want to see a positive and happy face in the mirror, you have to reflect a positive and happy face. The mirror always returns the image of what is placed in front of it. So if you want to have a happy life, always reflect a positive image.**

***IF YOU RECITE A MANTRA YOU WILL BE A FUTURE BUDDHA***

**In yoga, you first have to start by reciting a Mantra.**

**If you want to have a good future you have to start by reciting Mantra.**

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

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

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

**This is a Mantra. In order to remove the 12,000,000 million thoughts per second that pass through our brain, you first have to do a cleaning. To clear all negative thoughts, first start by reciting Mantra; while you work, while you sleep, while you walk, while you do things, your thought always has to be in the Mantra: Our Father, Our Father, Our Father.... or if you prefer the name of Buddha: you can recite with 4 syllables "A-mi-tuo-fo A-mi-tuo-fo, Am-ituo-fo... or with 6 syllables "Na-mo A-mi-tuo-fo "... Whatever you like. If you can always think about this.**

**And I guarantee that all the nerves, all the stress, all the sadness... and all kinds of negative thoughts disappear. With this, all negative thoughts that affect your health, safety, happiness, work are removed. All the bad, the negative, is transformed into positive by practicing Mantra. Because when you think negative, you end up negative. That is what Buddha says "all thoughts become reality"**

**When something is positive, if your thought is negative, it becomes negative.**

**So that this does not happen, you always have to have positive thinking. And to have positive thinking you must first do a cleanse. With Mantra, you replace the 12 million thoughts per second that go through your mind, into just one. Recite Buddha or Jesus Christ.**

**And this helps your life and when you die you will be a free god and you can travel throughout the universe and be born on any planet. This is very important.**

**For this reason, I advise everyone to practice Mantra in their thoughts 24 hours a day, reciting Amitufo or Namu Amitufo or Our Father, Our Father...If you prefer, you can recite Jesus Christ or Mary. You must repeat the Mantra in your thoughts for 24 hours, until you dream of the Mantra (or name of God).**

**So in your life everything will be positive and you will be able to reach the beyond of the universe only by reciting this Mantra.**

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

**What does Jesus Christ do? Forget the little me and turn the little me into the big me. Because the little me is the body. And that body only lasts a few years, nothing more. At any time the air does not enter the body and that poor life ends. It doesn't matter if you are poor, rich, powerful.... we all die in an instant. That's why you must understand that that little me is pure fantasy. It is nothing more than a fantasy. It's not real. The only real thing is our Soul, our conscience, this is the true self.**

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

**It is forever with us, it endures in infinity. When we leave this body, the soul looks for another body to be born. The soul is always the same. The soul does not die.**

**It depends on your actions, if they are negative, the soul is punished and goes to hell and if your actions are positive it goes up to heaven. It depends on the "I". The one who speaks with you now is my body, but within this body there is a spirit. I use my body to talk to you, but really what is talking to you is my soul. If you don't have a soul you can talk. Therefore, the body is what we use, but it is not "me". It is like a car, we use the car but the car is not us, it is not "me".**

**Don't try to hurt other people for your own benefit.**

**At one point you can hurt others, but then we pay dearly for it. We all know that hell exists. Through hypnosis you can know that heaven and hell exist, that reincarnation exists. Everything is proven. If you don't believe it, you can verify it by doing a hypnosis session with any teacher and you will see how you return to the past. Thus, you will convince yourself that when you die, everything is not over, but that you are reborn, you start a new story. For good or for bad.**

**If you want to get out of the circle of birth and death (die-born, die-born, die-born), start by reciting a Mantra to cleanse your negative thinking. When you are able to repeat that Mantra in your thoughts (there is no need to repeat it out loud), 24 hours a day, you will be God. Thanks to this, repeating the name of God, one day when we die God will come looking for us to take us with Him. Then we will be free. Whenever you want you can go down to this earth again and again, and be born again and again. You will be free and immortal. The lord of death will not be able to do anything with us. Therefore, if you want to be free, first think of Mantra: Jesus Christ, Our Father, Namó Amitufo, Namó Amitufo, whatever you prefer. The territory of the gods is one, it is the same for all religions.**

**When you reach the end of your path, you will arrive at the same place as everyone. There are no different places, all roads lead to Rome, to the**

same place. Whether you believe in Buddha or in Jesus Christ, you come to the same place. All religions lead to the same place, there are not two different places, there is only one and it is the same for all. That's why I tell you, if we don't have bad thoughts, our future will be bright, like a bed of roses. With positive thinking, you can fulfill all your wishes. But in order to fulfill your wishes, you must start by reciting a Mantra to cleanse negative thoughts, any thoughts of revenge, hate, or resentment.

How to clean? reciting a Mantra and occupy all your thought with that Mantra so that negative thoughts cannot enter your mind. Because if your mind is occupied with negative thoughts, it will affect your health, you can go crazy, you can have nerves, have attacks of all kinds, you can have a negative future, negative relationships with your partner, with your family... For this reason, every path to reach happiness begins by practicing Mantra and thus cleanses your thoughts. When you are able to think 24 hours a day about the Mantra, think, think, think about Amittuofo or Our Father, you will be able to clean your thinking.

It is a direct and very easy path to happiness, which we all seek. Just by practicing this Mantra you can reach a happy ending. There is no other way.

The desire to become immortal is within ourselves. It is not necessary to go looking outside for what we have inside. Every Great Master, whatever they say, is inside of us. I tell you. Don't look outside. Don't let anyone convince you, saying that they can save you, that they are a savior. Only you can do it, no one can do it for you.

### ***HOW TO PRACTICE MANTRA TO HAVE HEALTH AND REACH THE PARADISE***

"I'm not sure what to do, I'm not sure what to do"

Guanyin teaches us how they practice mantra in paradise. Before I have taught you how to practice mantra, today I am going to teach you how Bodhisattva Guanyin tells us that mantra should be practiced.

You can practice in a group, two people or by yourself. In the case of practicing in a group or two people alone, one part begins by reciting "na mo a mi tuo fo, na mo a mi tuo fo" twice slowly and clearly while the other group listens, when it ends, those who were listening recite "na mo a mi tuo fo, na mo a mi tuo fo" and the reciters listen and so on. If you practice alone, recite "na mo a mi tuo fo" aloud 2 times and twice with your thoughts and so on. 2 times out loud and twice with the thought. How many times do you have to practice this mantra?

According to Bodhisattva Guanyin you must practice 2 hours a day divided into 4 sessions of half an hour.

If you are not used to it, you can start by reciting twice, half an hour in the morning and half an hour at night. The more time you spend the better. If someone has problems with stress, nerves, anguish, headaches or any type of disease, concentrate on the place where you have the problem or disease and recite the mantra, because through mantra you can heal and the most important thing is that you don't have side effects. It depends on your concentration. You cannot have any kind of thought, neither good nor bad, to be able to concentrate your voice in the place where you have problems. It is also important to meditate. No matter what position you do it in, the important thing is to feel comfortable. For example, if you are sick in bed and cannot get up, you can take the opportunity to practice mantra, you must say "na mo a mi tuo fo" slowly and calmly. Because God says that whoever asks him for help he comes to help. That's why if you recite his name with concentration, he comes to help you. Test it.

Practice and you'll see.

You must recite the mantra while meditating, both at the same time: na mo a mi tuo fo na mo a mi tuo fo... out loud and then from the thought. To remove any type of nerves or negative thoughts from your mind, you must concentrate on reciting this mantra and you will see how the nerves will go away, in a few minutes the nerves and stress will go away. If you don't listen to these negative emotions, these emotions will go away, the more you pay attention to them, the more nerves and stress you will have. The less you pay attention to these emotions, the faster they will go away. Stress, nerves, anger, feelings of sadness... all this directly affects your health. Can

consult any doctor, if you are not able to get those negative thoughts out of your head every day you will have pain, first in one place, then in another, the next day in another part of your body... and if you go to visit the doctor every day for a different pain in the end you will never solve anything. If your head doesn't stop thinking, you'll never be okay. If your mind does not stop producing negative thoughts, your body will not be healthy because you do not stop sending negative sensations and your body will get sick. If you want health, you have to control the negative thought in your mind, and if you are not able to control it, you will not be healthy and you will have to go to the doctor very often. If you can't heal yourself, you need God to help you, that's why you should recite this mantra.

Since you are not able to control your thinking, you are not healthy, and at night you have nightmares, and you cannot sleep, you do not feel like eating... and in the end you depend on pills to be able to sleep and rest. But the pills are drugs and that is fatal for your body, because each time you will need more doses and it will affect your health because the pills all have side effects.

Ask any doctor. That is why I tell you, try through this mantra to drive away negative thoughts and cure your diseases because this mantra does not have side effects like pills. The pills cure one thing but spoil others and then the whole body starts having problems. A friend told me that the doctor prescribed a pill and now his house looks like a pharmacy. That's bad for the body. The more chemistry you take, the worse your body will feel.

**Try to do like me. I have been practicing for 40 years, and throughout these years if I have any health problem, through yoga meditation I have been cured.**

**With Yoga-meditation and reciting mantra I concentrate on the place where I have problems and I give the order to my brain to heal that place. This is called self-healing, with God's help I assure you that it heals. It does not matter if it is cancer, if it is a cyst or any disease. To cure any kind of health problem, first you have to trust yourself, second you have to trust the mantra you recite, and God. Third, you have to trust 100% that with these two things you will heal 100%. If you are not 100% convinced and have doubts that this is possible, then it doesn't work. You have to trust 100%. Remember well, everything 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. Like computer junk programs.**

**We only use 3% of useful programs, the rest is garbage. So now 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 concentrate 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 assure you that you will be cured. This is what Guanyin Bodhisattva has taught me and I teach you. I trust Bodhisattva Guanyin and in more than 40 years I have solved all my health problems in this way. So now you know, all the origin of evil is in your brain and I have taught you how to cure your ills from the origin of evil.**

**Try and practice, you will see that soon all your ills will disappear and you will feel full of health and energy. Trust in God Guanyin as I have done and everything will go very well for you. If you listen to me, I guarantee that you will never have health problems. Recite the mantra 2 hours a day in 1/2 hour sessions and you will have health and positive energy. So you can enjoy life with health. Because health is the most important thing in life, if you don't have health you have nothing. Now you can be a millionaire and have a perfect and happy family, if you don't have health you can't enjoy life.**

**Always think positive, never think negative. Even if things go wrong for you, you always think positive and you will see how everything around you changes to positive. Don't take the garbage that others throw at you and keep it inside you. If someone says bad words to you and criticizes you, think that they are not saying it to you, think "poor guy, this is crazy", do not accept the negative things that others throw at you. If you accept and swallow all the negative that others throw at you, then you are going to get sick.**

**If the other sends you garbage, he sends you shit... are you going to swallow? No. If you swallow, the other has achieved his goal, to hurt you.**

**That's why don't swallow anything negative from anyone because then you'll always be sick and you'll have to go to the hospital every two for three. That is what the person who throws garbage on you wants, for you to get sick. So don't swallow anything. when people say**

**bullshit and nonsense quickly recite mantra na mo a mi tuo fo, na mo a mi tuo fo" slow, soft and clear, "na mo a mi tuo fo, na mo a mi tuo fo". Do not return with bad words and with revenge .**

**Just recite the mantra I teach you and try to advise others to do the same. If someone doesn't listen to you, then keep a safe distance so that person doesn't do you more harm.**

**I hope you listen to me and follow my advice.**

**Thank you so much.**



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## 29.- LOVE

**What is love?**

**True Love is pure positive Love. It is not negative love. What is Positive Love? It is offering, not asking, not demanding, that is Love, your soul, your thought to another person without condition. No demands of any kind. This is pure Love. If a Love puts conditions or any demand, it is love, it is not pure Love, it is possession.**

**As a mother loves her child, that unconditional love is a pure Love. Day and night take care of the baby. At night she always watches even though she is tired and does not ask for anything or demand anything, that is Love**

**People make mistakes with Love For example, in Spain to date, September 23, 2010, 50 women have been killed. The same phrase always comes out: "If it's not for me, it won't be for anyone" This is what man always says. The man makes a big mistake. is neither owned nor slave of anyone. The man does not have the right to play with her: if he wants, he takes it, if he wants, he leaves it. No Man and woman have the same soul. The Soul is like an electric current. If the light is red, the light comes out red. If the light is white, the light is also white.**

**This means that if in this life a man was born in the past life, surely a woman or an animal was born. Whether born a man or a woman, there is no difference, there is no 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 even a king is superior to a beggar. If he is born as a prince, it means that in the past life he did things well and now in this life he enjoys these merits. If he is born a beggar, it means that in the past life he did wrong and that is why in this life he cannot enjoy himself.**

**Conclusion: When two people argue, who is right? both are to blame because each wants to get away with it. Everyone wants to be right. When two people truly love each other, they are one. If everyone thinks for their interests, they will have a conflict of interest.**

**Everyone says that they marry for Love. Make no mistake. Possessive, egotistical love is not love. If you say that "you" are mine, then you have possessed me and I have possessed you. it goes like this In this case there will always be problems, conflicts on both sides. What you need to do is unite two souls into one. If you are both the same person, you are not going to argue with yourself. Impossible. If you put something in your hand and move your hand, it doesn't sound. two if they ring**

**That's why when they plant a tree with all its owner, both must take care of it. Because if one is careful and the other is mistreated, the tree does not grow. If you say it's only mine, the thing turns negative. That's why remember well, Love cannot demand. If you demand this love it is negative, of possession, there is nothing to do with true Love. For example**

like Jesus Christ who dies for people out of pure love for his neighbor. Knowing that they come looking to kill, surely he runs away, nobody is that stupid! But Jesus Christ does not run out to love our neighbor. Pure positive Love.

What is positive? it is the Love that does not differentiate the I-you-he. If there is no love in the family, the family breaks up, if there is no love for society, society hurts itself, if there is no love between countries, then war comes. If the planet there is no love in the universe, it can pollute the universe and in the future it can cause wars between planets. Everything needs love. If there is no Love we will have natural disasters, in families, personal disasters. All evil will be negative.

While you give Love to everyone you meet, the whole world becomes Love Guaranteed! person gives Love to everyone, spreads this Love to everyone and everyone becomes Love to you. It is like being in front of a mirror. If you smile, the mirror smiles, Guaranteed! The mirror is like the other person. That's why if you want happiness, luck, long life... the only thing you have to do is distribute Love. If your women Love, the other returns Love. Sure! the other does not stop hitting and stinging, the other will not return a smile. If you want the other to love you, first you love the other. know or not

you know.

So you can have a happy place, a happy society, a happy state, a happy world... Don't think each one of you. A Love is pure when within this love there is no "I". If there is I there will be a conflict of interest. Thank you so much.

If you give love to the whole world, you are everywhere and the whole world loves you. Everybody loves you. Just like we love Jesus Christ and Mary. To Buddha. They give their life and their love to the people. And we always remember them. They are saints, they give their love to all people, not hate. Although Jesus Christ was killed being innocent, he continues to love. He has no hate nor does he want revenge. Nothing. That is why man and woman must forget the self to unite two in one and live very happily.

Remember well. Woman is not the property of the man nor is the man the property of the woman. The two is one. They are both owners. If it goes like this, you will live very happily. Any discussion that one has is the fault of egoism, the fault of the "I": I want, I think...

When you love with your heart, you don't think about the "I". If "I" love you, you'll already have problems, because you don't have to differentiate between me-you-him. That is why it is not "I" who loves. Try to unite two souls in one. If there is only one, they do not demand anything from each other. There is no discussion. As if it were a tree. The same tree has no conflicts. If there are two trees, there are already differences: one grows taller, another grows shorter, more flowers grow on one, fewer flowers on another... They already begin to have differences.

That's why you have to join two to one. Before thinking of yourself, think of the other. From your partner, from your family, from your friends, from society, from the state. Always think of them first. If you think of them first, you will no longer have conflict. Remember him well. If you think about "I" I want that, I think that, I would like that.... If the other does not do what I say, you get angry, this is my fault.

If you want to live happily, please listen to me: before doing anything, think of your partner first. Don't think of yourself first. If you think of yourself first, you are selfish, negative. It will never work like that.

We all have a dream: to live happily ever after with your partner, with the family, with society, with the state, with the country... That's why you shouldn't think about "I" so that's how the negative begins, problems with the other.

Remember well all the origin of the problems is in the "I". There is no

another thing. Trust me, always think of the other party first in everything. Not in you, because the greater the "I" you have, your life will be more negative and you will have more problems. If you want to live very well and happily, have a long life with love and health, you have to make the "I" smaller and smaller until it disappears.

If you do this you can get all the best for your life and all your positive wishes will be fulfilled. Everything negative, in the long run you will pay dearly and with interest. People are mistaken thinking: "look how deceiving people I get benefits".

, All roads are cut off and then you will be much poorer than before. negative: this is the egoistic "I". If you continue like this you will be left alone. As in front of a mirror if you put a negative face, inside the mirror the face will also turn negative. It won't turn positive. That's why if you want a good life, to be well with your partner, well with the family, well with your neighbors, well with society... help 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 pregnancy time she does not think about anything negative. If you think negatively, this thought will negatively affect your future child.

This means: if you want your child to be a good person when you are pregnant, you should read books about good advice and good deeds. This is how you are teaching your future child to be a good person. If your son is a good person in the future, your family and the rest of your children will have a good future. If when you are pregnant, you always think selfishly, you are nervous, you are sad or you have any type of negative emotions, when your child is born he will be sad, negative and in the future he will be a bad person. That very carefully because you teach your child since pregnancy. That is why when you are pregnant you should not smoke, because when you smoke nicotine also affects your child. The same thing happens when you drink, alcohol enters the blood of your future child. If he carries alcohol when he is older, he will very possibly be an alcoholic and if you smoke, your son will very possibly be a smoker. That's why you watch very carefully.

If you are a good mother, you have to do everything you can for your future child so that it is born healthy in mind and body. Mother's love is the greatest in the world. For your child you must do everything in positive thinking. For example, if you want your child to be a musician, listen to music every day and thus transmit to your child all that emotion of music. If you want me to be a doctor, you must read books on that subject every day.

This is scientifically proven. People thought "Oh that baby doesn't know anything, he hasn't been born yet and he doesn't know anything. You are wrong. He knows everything that you transmit to him, what you eat, what you drink, everything. That's what every mother-to-be realizes. Try to control all negative emotions to have a healthy child. That is first.

Second, when your child is born, don't think: Ah, that baby that was just born knows nothing! He doesn't know how to speak, he doesn't know languages, and he starts doing negative things in front of baby, he will learn everything he sees and hears. The baby that is like a blank piece of paper, depends on how you write on that blank piece of paper, it will register it. Baby listen, if you yell, yell and yell... baby doesn't know if it's good or bad and he learns it and when he's older he'll like to yell too. everything you say or

you do in front of baby, the baby records everything. It is as if it were a video, it records everything good and bad.

That is why many people are mistaken thinking that the baby knows nothing, but I tell you that the baby knows everything, everything that lives in his childhood will mark him during the development of his life, in his future. If you don't respect your father or mother, your child sees, listens and learns, and then when he's older he won't respect you either. Because he learns everything from you. So if you want your child to respect you, pamper you, take care of you, you must do the same with your parents. In front of your son you must respect your mother, your father, your family, your husband. So your son will learn from you and when you are old, your son will do the same thing that he has seen that you have done with your parents, family and husband. Your child learns 100% of what you do. That you have to realize. Baby understands everything. If you smile in front of a newborn baby, the baby responds with a smile.

If a person makes a very angry face, baby starts crying. If you don't try it, stand in front of a baby and make these two faces to see how he reacts. That's why I say baby doesn't know how to talk, but that doesn't mean she doesn't know anything. The baby is learning all the good and all the bad. Everything that comes before it. Careful!

That's why if you want a happy family and have wonderful children, good with the family, good with you in society, you have to teach them 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 are these people dedicated to killing? because from his childhood, the father or the mother transmit negative to him. The baby has grown up in a negative and vindictive environment.

Everyone thinks of me, me, me and they don't think of the others. In that case it will not be right with you or your family. It will not go well with society either. If you do not educate your child correctly, it will affect not only you but also society and the whole world. That's why please, it's very important, it's not just about your son. Your son depends on education, he can be a saint or a devil. It depends on you as a mother. That is why you as a mother have a very important mission.

Educate well to have a good child for yourself and a benefit for society. That's why he listens well: he shouldn't transmit the negative thought directly or indirectly. It's not just about you, it also affects society, state and the whole world.

In many countries girls are educated telling them that man is a god, that they have to obey him in everything, and from a young age the girl swallows that story, which is neither fair nor real. When she is older, she does what she was taught as a child. In Europe, freedom and equality are taught. A girl is not going to think that nonsense that man is a god and that she must obey him in everything. The man can marry the women he wants and the woman can only marry one man. That is why it depends on education. Before the law of the gods, man and woman are equal, there is no superior. You can't crush the weak. Logically the woman is weaker than the man. But just because it's weaker doesn't mean it's inferior.

It is of a lesser category. Everything depends on education, from pregnancy, from newborn until it grows.

Please, if you are not positively prepared, you can wait, when one day you are positively prepared to have children, and not with a critical situation, with problems in family life because it will affect your child. That is why the most important thing is to educate your child to be a good person. Always think for others, that's a good son

for you and a good citizen for society. You are educating a saint or a demon or a terrorist; all up to you.

At school they only teach to be smart, they don't teach how to be a good person. Remember well, whether your future child is good or bad is in your hands. That is why the mother's mission is very important. You must know the importance of this. Never try to abort because it is killing your child: your future child. The tiger, lion... they are carnivores and they eat all kinds of animals but they never eat their children, they never kill their children. We humans, more intelligent, so good at heart... and we kill our children? That has very serious consequences, mental and physical. After 2 or 3 abortions you will not be able to have more children. When you are older, have a happy family and want to have children, you will not be able to. Don't listen to people who are in favor of abortion.

You are going to suffer the consequences, not another person, you are going to have psychological problems, physical problems in your womb, problems in your conscience... so don't pay attention to the others, nothing will happen to them, they will not suffer the consequences like you. Trust me, it's very important to you as a mother. Mother's love is the greatest love in the world. And if you really love your future child so much, you must teach him from pregnancy. That is why you must remove all your vices, acts of thought, smoking, drinking, nerves, sadness, anger... all these negative acts must be eliminated. If you want your son to be a good son in the future, you must do what I tell you and you will have a wonderful son. It doesn't matter if you are rich or poor. Even if you are a millionaire if you do not educate your son well, in a few days he will spend your fortune, your money and the whole family will fall into poverty. Remember my words well. Thank you so much.

### *LOVE YOUR INSIDE*

Love yourself. First you have to love yourself.

What does it mean? If you really love yourself, what you have to do first is put the small "I" until there is no "I".

If this I is small, you can do anything for the good of others. If you only think of others, logically everyone wants to be your friend, everyone adore you, any good occasion, they think of you first because you are a good man, a good citizen. To be good, before everything you have to think of others first. Since you think of others first, and you don't think of your own interests, everyone loves you: who wouldn't like to be your friend? Because you are a caring, impressive caring person, with a heart of gold. Everyone loves you, your life is going to be wonderful. You are going to have every opportunity in this world, everyone wants to help you, everyone loves you. To achieve this, the self has to be smaller and smaller until it becomes 0. If you are able to convert that self into 0, you will become a god in this world. You will be the most welcome person on this planet. Just like Jesus Christ. In Jesus Christ there is no "I" Jesus Christ dies for people. If Jesus Christ had had a bit of "me", knowing the day and the hour that the Romans came looking for him to kill him, he would have run away. And he doesn't run away. That means that Jesus Christ only thinks of others, only thinks of the interests of others. Die for us. That means that Jesus Christ comes to reduce the "I" to 0.

That's why he's able to do that. If we knew the day and the hour that they were coming to kill us, we would surely run away. That is

**guaranteed. This is the difference between humans with me and humans without me. This is the only difference. Just as J reaches self 0 and will become god. If Jesus Christ does it, we as children of God can do it too. It just depends on whether or not you want to do it.**

**We can become a god the question is whether you want to or not. If you don't want to leave this self, one day the lord of death will force you to die, since you don't want to leave this self 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 will become a god. If you get hooked on this self in this world, you will be selfish, taking advantage of people, a bad person, nobody will love you, all doors are closed, all roads are blocked, you will have bad health, bad luck.... The bigger I am, the more problems you will have in this life and also after you die. You are going to be a demon, you are going to go to hell and nothing is going to work out for you. That's why if you love yourself you must do it for yourself. And doing good for yourself means that instead of being selfish and thinking about your interests, you have to give love to people.**

**It is the opposite of what people think. Whether you know people or not, you have to treat them the same because they are all children of God, we are all in the same category. You cannot differentiate between rich, poor, noble, beggar, handsome, ugly... 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 of the same category, they have the same soul. The only difference is that the kings, princes or millionaires in their past lives did good for the people. So in this life you can enjoy. A beggar, in his past life he was a very selfish person, so in this life he has nothing. They only differ in this. His soul is of the same category.**

**That's why everyone can become a saint, the question is whether you want to or not.**

**What is your inside?**

**Your interior is filled with millions of cells. All these cells make up our body. Same for men women. People make mistakes: big mistake. If someone gets sick, they just want to kill and kill: this is where people make mistakes. The cells are part of oneself. If you want to kill something of yourself, you're wrong because these cells before getting sick were good cells. Why one day they become bad cells, diseased cells, cancer cells or other types of disease? Because? I tell you why: cells receive information from our brain. If your brain thinks negative, logically the negative information reaches your cells. What is negative? Negative are a lot of things: sadness, revenge, taking advantage of people for one's own benefit, hurting people.**

**Anything to take advantage of others. This is called negative thinking. With this type of thinking, the first to pay the bill is you. Because with this type of thinking, the cells think what you think: if you think negative, your cells think negative.**

**And your cells become negative. First they are going to attack yourself and logically you will have a world war inside you: good or bad everything is killed and you will pay with your health. Every negative thought affects your cells and they become negative. In order to stop any type of disease you have to change your thinking. You have to love: love your cells, if you give love to your cells they learn to love themselves and if they love themselves they also love you and do not get sick. So remember well: the cells**

before they were not negative. Why are they negative now? Because you have turned the cells negative with your thinking. Because if you teach them negative, they learn negative: your cells learn from you.

To cure any disease, doctors help you 30%, the remaining 70% you have to put with your positive thinking.

It depends on you, if a patient does not want to live, not even God can save him.

Thought gives order to the whole organism and automatically the whole organism stops. If it gives the order to the organism that it has to live, you have hope. But you have to love your interior, those sick cells for them to heal.

Try to teach your cells to become holy cells into good cells. So your cells help you instead of annoying and hurting you. That's why love your bad cells to cure them and have a lot of health. If you give a lot of love to your cells, they love you back. If you want beauty, cells give you beauty and youth. Your cells obey you. But it all depends on you. The cells only receive orders, they do not act with their own thought, no. They don't think, they just take orders.

Many things can change your cells, first and foremost but important is your thinking.

Second is the food. Remember well: you should not eat preservatives.

You should not eat any chemical product, you have to eat natural products without chemicals.

If you don't stop eating chemicals, pills, medicines, preservatives....

How are the cells going to be okay? Try to consume natural medicine and take less chemical medicine. Everyone knows that medicines cure one thing and spoil another.

This is very important.

Third: the breath: it must be long, fine and soft, up to the navel.

Cells need oxygen. If you only breathe to the lung the breath is very short. You have to breathe up to the navel, with a long breath. Your blood needs oxygen, learn to breathe fine, slow, soft and long. You have to get your body used to breathing 24 hours like this. So your cells will thank you and you will have good health.

That's why if you love your interior, first love your cells, if you love your cells they will love you back. Thus the bad cells become good.

When you manage to love your interior, you have to love your exterior to connect that love with others. If you love others, your family, your friends... you will love society, your country and the whole world, so this earth will be a paradise.

First you have to love yourself and when there is love inside you, then you must transmit that love to the outside by loving others.

Thank you so much.



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### *30. I. KNOW DIFFERENCE. ME YOU HIM*

People who always think of ME are wrong. This I makes us mislive. Everything that starts with ME goes wrong: the world, personal relationships. That I is not the true I. That I, is the product of the union of a spermatozoon and an ovum, it is a flesh and blood I.

This I is born and dies. When we are born we do not bring anything, neither wealth, nor anything that we see or touch. When we die, we take nothing with us. People who think and fight only for this I reach the end of life and everything becomes nothing and nothing is 0. If it is 0, what are we doing fighting for this fantasy I, for this false I?

How many years do we live? we do not know. Every night, when we go to sleep, we disconnect from the world, that's called a little death.

When you sleep, it's like you're dead. We don't know if we're going to get up the next day. What will be our last night? we do not know. If you want to live well, it is necessary to diminish this I, because the bigger this I is, the more problems we will have. If that I is small, we will have fewer problems. The bigger this self means that we are more selfish. The more selfish, the more difficult it is to live with everyone. Who wants a selfish friend or family member? You are not going to fit in with anyone, not with your family, not with your friends, not with society, not with the state. Selfishness leads us astray, leads to bad living. If this I is tiny, it always thinks 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 as if you were yourself, if you love others with love, logically others will love you. It is as if you were in front of a mirror. If you look with love into the mirror, the image reflected in the mirror returns love to you. If you look selfishly into the mirror, the mirror will also reflect selfishness. Love returns love. Selfishness returns selfishness and things will never work out for you. If you want things to go well for you, be happy, have a good future, and a life full of positive things, all you have to do is think of others. Don't think about the I.

The more you think about yourself, the more difficult your life will be, if you are selfish, everyone will hate you, and you will not have friends. Nobody is going to love you a person who only thinks of his self. That's why first always think of others and everyone will want to be with you and help you. Sure.

If you don't stop annoying others, who will want to get close to you? If you shake hands with others, you are positive, you give joy, you smile with a heart full of love, I guarantee that everyone will return you with the same coin. If you give love, everyone loves you back. If you want to give meaning to your life, have real wealth and a wonderful life, you already know, it all depends on you, on what you give. If you want the environment around you to be positive, you first have to be positive with others.

If you want to have a paradise here, you first have to have a heart full of love. Then, your surroundings, your people, your environment, they will all be angels with you, they will be saints with you. First you have to be an angel, a saint and everything around you will become an angel for you.

**So you can live a fully happy life and you can fulfill all your wishes. Most people don't care about others. They go over anyone for their own benefit. You will be able to step over each other once, as people don't know you, they will let themselves be stepped on.**

**But if you try it a second time, nobody is going to let you take advantage of them again and nobody is going to want you by their side. because you have taken advantage of them. Then your future will be hell. Therefore, if you want to live well, you first have to have a heart full of Love. Love every living thing. Because if you give love, everyone will love you back and your life will be a fantastic paradise: if you want money, you can have money because everyone will help you and everyone will give you a chance. Anything good will be offered to you first because you are better than others. On the contrary, if you always think of yourself and you don't care about others, nobody will love you and everyone will annoy you. In that case you will not get anywhere, you will not get far. That's why when we say: I see: when you see something, you will differentiate if you like it or you don't like it. I love; when you say I love, differences between I love and I do not love. I think: I think well or I think badly. You always think and talk about me first and you are making a big mistake, because saying I think, I see, I want, I wish, you are being very egotistical. If you think of yourself first, others are second to you. But you're wrong, the others come first. We can live well, it depends on the environment and the people. If the environment is positive, people are positive and you live full of happiness, love and your life is a paradise. So never blame others. The only ones to blame for our things are ourselves. If we take advantage of others for our own benefit, we will pay dearly in the end. If you let someone else take a little advantage of you, that person will always owe you a favor and be good to you. If you take advantage of someone even a little, the other will think badly of you and will not want anything with you. For this reason, what I say and people do not understand, having a big I, is a great misfortune for your life, your health. The bigger the I, the more misfortunes you have. If you have that smaller I, you will be happier and you will be able to fulfill all your desires. Do you want to be happy? Do you want to fulfill all your wishes? Do you want to have a happy family, friends, partner, job, wealth, beauty...? It all depends on your thinking. What you want to change, changes according to your thinking. If you want your environment to be like hell, change like hell. That's how it is.**

**People say: this body is mine. You are wrong, this body is not ours. We use this body. The body is a gift from our parents, it is not yours. You just use it. The body is like a car, the car is yours but it is not you. It is not necessary to do bad deeds to get benefits for that false body. In the end, when we die, we don't take anything with us, so what are we fighting for? so that? it is useless; property, money, family. When we die, it's all over: when you die you can't take your children, your wife, your property, or wealth of any kind. No one can die for you. No one can enjoy for you. That's why everything depends on you. – If you want to live in an atmosphere of happiness and have everything well, all you have to do is love every living being and not see any defect in others, because no one is perfect. If we are not perfect, we cannot point fingers at anyone because we all have our faults like everyone else. If you are a good person, try not to see the defects of others. It is as if someone told you: "you have a black spot on your**

face” and the other responds: “And what about you, you have all the black, covered in dirt”. We always see the mistakes of others, we never see our own mistakes. Therefore, before pointing fingers at another, first point at yourself. If you have mistakes, you cannot and do not have the right to point fingers at anyone. Everyone makes mistakes, you have to forgive. If you are not able to forgive anyone, others will not forgive you. We always make mistakes, so try not to be so stubborn and say I want it that way and that's how it will be. so that? how many years will you live? Try to live well, calmly, without hurting anyone. You cannot live well on top of the pain of others. You cannot live well like this, sooner or later you will pay dearly. If you throw a ball hard against the wall, the ball makes you strong. And the harder you throw it the stronger it becomes.

It always comes back to you with the same force: good or bad. If you want to have good health, you can have it thanks to thought. Because from the head, signals are sent to the whole body through the spine and each vertebra has nerves that transmit that thought to the whole organism. If your thought is negative, it affects your body, your health, in a negative way. Not even the doctor can cure you. If you only have negative thoughts, it passes into the body, it gets blocked and you will always have health problems. For your body to function well, the brain has to send positive messages, think positively. Thus, if you have positive thoughts, your health will be positive and so will your life. If you are positive with your family, your family will be positive with you. Everything will be positive. If you are negative, everything will be negative and everything will go wrong, because your thinking is negative. There is no other culprit than yourself. The fault is ours. That's why everything good or bad, we cause it ourselves. Do not try to point the finger at anyone because there is no other culprit than yourself. That's ME. If you want to live well, forget about the Self and spread love to everyone. Then when you die, you can be an angel, because angels have a big heart full of love. Thank you so much.

The problem we have before being free is that we don't know how to differentiate. Earlier we talked about the first problem, and now we are going to talk about the second. What difference does it mean? "I, you, he, who begin to differentiate, but we are wrong, because" I, you and anyone else "does not exist because we are all one. "I, you, he" do not exist.

We are like a drop. When a wave comes, a fall may jump from the water, but it will return to the sea. When this fall jumps out of the water, we think of "I", but it is not real, because once it returns to the water, we are all one. We are all one. We and the others are one, and the universe is one. If you are hurting other people you are hurting yourself. I I I.

### *KNOW DIFFERENTIATE*

The difference that exists between a Saint and us is that a Saint only does and thinks for others and we only act for our own benefit, for ourselves. We do nothing for anyone. If we did the same as God, Jesus Christ or Buddha, we would be gods like them. You just have to drop this “I”.

If you leave this me “I want this, I want the other, I want.....” always thinking of you. If you could think only of others, of a

**You would instantly become a Buddha or Jesus Christ. It depends on our thought, on a single thought, as simple as that.**

**In the afterlife, all gods can die and rise again. If we can ever leave this "I", we would in an instant become a saint, an angel, or a god and be free from birth and death. We could come to this or go to another planet.**

**On this planet life expectancy is approximately 100 years.**

**According to the Buddha's scriptures, on other planets life expectancy is from 1,000 to 1,000,000 years or more.**

**On these planets there are not so many desires, there are not so many whims, they are not as selfish as we are. Therefore, if we are capable of thinking like gods, we will be gods, we are gods.**

**Our spirit comes from the beyond, it does not come from this planet earth.**

**Buddha says: the hereafter has 3,000 great universes and our universe is one of those 3,000 universes. Jesus Christ, Buddha, they live beyond our solar system. If we want to be free we have to learn to leave this self, like Jesus Christ or Buddha. then we will be totally free. Not like here, every day fighting for anything and then not taking anything. At any moment we are going to die, so why are we fighting? Jesus was poor, Buddha was poor, they didn't need anything. You just have to understand that you have to leave this "me". If you stop this "I", if we stop thinking only about ourselves, about our own benefit, if we stop being selfish, no one would commit any crime on this earth or on other planets. The origin of evil begins with egoism, begins with the "I". If everyone stopped thinking about themselves, no one would commit any crime and this earth would be a paradise. Our mission here on earth is to help others, we are not here for a vacation. Here we have more bad than good. This is not a paradise. That's why I would like you all to understand that to be like Buddha or Jesus Christ, you only have to leave this "I". And nothing else, it's that simple.**

**And when you die your soul can be free.**

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

**Hello. Leave all desires to have all desires. In life if you want to have everything, first you have to give up all desires.**

**This does not seem very logical but it is. In life you should not be disappointed by any wish that has not been fulfilled. When there is disappointment, because of a desire you are capable of doing anything bad to others to achieve it. The consequences are very serious, it is as if it were "bread for today and hunger for tomorrow". Therefore, you must leave all desire with relaxation and seriousness to act correctly. Many people to fulfill their desires for wealth do all kinds of crimes. Any day the law acts and takes everything from you and you go to jail.**

**There are negative desires and positive desires. Do not try to have desires for other people's things. Just like Jesus Christ who left everything and everyone remembers him because he gave everything for others. Or like Buddha, who stopped being a prince, left his power, all kinds of wealth, comforts...**

**The more you seek this type of wealth... how many years can this wealth last? 20 or 30, 40 or 50 years? And then when we die, what are you going to do with all this wealth, we don't take anything with us. If only**

you do for me, my, my.... in the end you are left with nothing. On top of that, you do so much harm to people to get rich... After your death you will suffer the consequences of the law of the gods and these consequences will last a million years; Every day they will tear you apart, beating you...

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

I tell you that hell exists, if you don't go visit any hypnosis teacher who will certify that we have a past life. If there is a past life, there is heaven, hell, punishment... everything exists.

Not only do Buddhists say it, but also Catholics and other religions.

Believe me, all the evil you do is recorded in the conscience of our soul. Do not think that no one sees you, or listens to you.

And "I do what I want". Yes, there is someone who sees it, it is yourself and yourself, your conscience will not forgive you. That is why many people who do harm cannot sleep at night, have nightmares, are afraid of everything because their conscience is punishing them. He is living in hell. That you have to know.

Do not think that nobody knows, that nobody has seen, the problem is yourself. The problem is not that someone else punishes you, the problem is that you punish yourself. If you want to have a good future, you have to leave all kinds of desires, if a desire exceeds a limit, the human being is capable of doing anything.

The desire for revenge is negative. Any thought or act under no circumstances can harm people, living beings, nature... because we are all one. Like now that we have destroyed nature and we have many natural disasters, earthquakes, typhoons, etc... That is why you should know that we and nature are one. If you want to live well you have to respect nature as if it were me.

The universe, nature, all people and living beings, everything is one, not two. We are like a drop of water in the sea. When the water hits the rock and jumps out of the sea it becomes a drop, but when it returns to the sea it becomes the sea again, one. That is why in order to live well, we must take care of each other. We are a soul of billions of infinite souls that come from the universe.

If you can understand this, we can go back to the universe. If you want wealth it is very easy, first you have to have positive thinking. Think earning money positively.

There are many videos on youtube that say that only by thinking 24 hours a day about money, money comes. It is not like this. If that were the case, we would all think about money in order to have a lot of money. Impossible. If only by thinking about money we could achieve it, in this world we would all be millionaires. But it is not correct. First you must think positive: if you think positive the result is positive, if you think negative the result is negative. This is correct. Thinking about money positively is correct. But if you think about money like crazy and only think about being a millionaire, this is a story, it is not real. The Right thing to do is: to be a real millionaire. First think of a lot of money, but think that the purpose of that money is to help others, not for our whims; like buying a multi-million car, a luxury house.... that you are wrong.

Think of 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 spend it on nonsense, on whims... that way you will never have money.

**That's why many people are disappointed when they can't earn money and do all kinds of crimes to get it. This does not last long, because we depend on the past life; if we do things well, you accumulate merits and then you can have a good time, enjoy yourself. But if you commit crimes and hurt people, these merits are spent very quickly.**

**A millionaire is a millionaire because in his past life he helped many people, for this reason in this life he is a millionaire. People do not know that if a millionaire spends money on nonsense and does not help people at all, that wealth that we have from our past lives is spent super quickly. That is why many millionaires lose everything before reaching old age, they are ruined. They are selfish, they do not know how to share their wealth with people in need. If you want your wealth to last, share it with those most in need. If you want poverty to become wealth, listen to me, help others to enrich your conscience, your soul. All you have to do to be a millionaire is think good thoughts and help others.**

Thank you so much.



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### 31.- *SEX and PORNOGRAPHY*

**Sex.** According to Buddha's scripture, it is forbidden to have sex outside the couple. The foundation of societies throughout the world is the family. If the marriage is happy, the family is happy, the children are happy, and everyone is physically and mentally healthy. In a family above all is the couple. If you live happily, the society is happy, the country is happy, the whole world is happy.

It's like a house, the foundation must be very solid. If this base is not solid, no one will be fine. The base is the marriage man & woman. If sex is done outside the couple there are consequences: In the world there are 3,400,000 deaths from AIDS a year and there are 2,454,314 people infected a year. Any man who has sex outside the couple can get AIDS. Especially the youth. Young people have sex, boys with many girls and girls with many boys.

**They can pass all kinds of sexually transmitted diseases.**

That is why you should not have sex outside the couple. If a woman has sex with three different men in 24 hours, the semen of these three men gathers inside the woman's body and becomes toxic. This poison begins to rot and then turns into cancer. It can also cause other diseases in the cervix. This is like a punishment from God. God punishes the misconduct of the lymphomaniac woman.

**Remember well: you cannot and should not have sex with three different men in 24 hours. This is very important.**

**Any man or woman who has sex outside of marriage will be punished by the law of the gods. It is not a joke. This can be checked. There are many testimonials that justify that this is not "bullshit". So be 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 have sex without ejaculating, it's not that much of a problem. Having sex several times a day can cause a series of problems: first with your kidneys and with your liver, and then it will affect your general health. You will not feel well, you will not have strength, you will not be able to walk, you will lose your memory, you will be sad, you will become anti-social, you will lose your intelligence and you will become stupid. This is what causes a lot of sex every day. The legs lose strength, become thin, and the toes begin to rot. It can go as far as the amputation of fingers and even legs. All this because of having too much sex. If you have sex without stopping, the body can't take it. Hair can also fall out. This can occur in both men and women. The woman will age faster, if she is 30 years old she will look like she is 60. The face will turn dark,**

**teeth will fall out, he will lose vision, he will be sad..... All this for having too much sex.**

### *PORN ACTORS*

**Porn pages, magazines, television, and porn movies should not be seen by minors. The older ones don't suit us either. The more you look at these types of images, the more you want to have sex. Your head is filled with porn fantasies, you try to have sex however you can and ejaculate as many times as possible. In order to have good health, you first have to avoid seeing these types of images, especially minor ones. The father and mother must take care that their child does not see these images in magazines, television, videos... of scantily clad women who sexually arouse and provoke. They should prevent their children from seeing anything that is related to sex. These images are negative for our thinking and especially that of minors. If we have a head full of porn, of sex, it is not good for our physical or mental health. Nowadays there are 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, he will not have enough with his wife and he will try to look for other women besides his partner and then he will have family problems and sexually transmitted diseases, AIDS... That is why he should not have pornographic or sex images nearby to avoid problems with your health, with your family, with your children. This is very, very important. That's why I want you to stay as far away from all these porn sex images as possible.**

**According to the law of the gods, girls with little or no clothes who go on provoking people do not end well. When they reach their old age they will have a very bad time and when they die they will have the punishment of the gods for having provoked people and doing so much damage to society. There is no forgiveness from God. That's why I advise all the beautiful and sexy girls not to go provoking so that people don't have bad thoughts. So they can live calm and happy with their family. Please don't provoke people, don't take advantage of your sexy body to hurt others. This is going to cause problems for yourself and for people. I ask you please. Thank you.**

### *PORNOGRAPHY.*

**FOR NOT. According to the law of the gods, the most punished acts are those related to porn, to sex. Anyone, male or female, who makes pornography, on film or video, public or private, everyone who does porn, remember well, they all go to hell for at least 1,000,000 years. I hope that all those who do pornography never die because when they die their nightmares will start. I don't say it, the gods say it. The whims 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 will be old or old and what are you going to teach? If 70% of the body is water, and it is full of veins, poop, pee, full of mucus, blood... what do you want to teach? Do you think your body is wonderful? He doesn't look inside: there are intestines full of poop, bones, veins, liver, heart... just like when you kill a pig, you open it up and there's the same thing. When you open a body, it is what it is. Do not have fantasies and say how beautiful, how handsome! Make no mistake.**

In life you have to look for happiness, a good future, with porn you don't get anywhere. How much can you get for doing porn? Misery. Professional people still make some money, but there are very dumb people who record their own videos and put them on the Internet for many people to watch. They don't earn anything and on top of that they go to hell... those people are the dumbest thing there is. It's just that these people really don't have brains. He does not think. So that? I do not understand. They teach to twist the minds of the new generations and then they do crazy things. All those people who are dedicated to porn; movies, home videos, whatever... they will go to hell until one day porn disappears on earth. If it lasts 1,000,000 years, you will spend 1,000,000 years in hell. And every day they're going to stick a stick up your ass until it bleeds. Every day you will die in the same way and you are reborn to suffer the same torture again. What do you get with that? I tell you: the whims you will pay super expensive. You show your genitals, so what?

Everyone is the same, everyone has the same. What difference there are? What do you want to teach? Why don't you teach when you have your period, all covered in blood? If you show how they put it in your ass, why don't you show how you poop? That's not nice, really, that's twisted thinking. You hurt yourself and you hurt people. That doesn't end well, it never ends well.

Today I have realized that many visitors to my page come from porn pages. I hope that one day they will listen well to my words, to what I say. Life has many beautiful things. You don't have to be gay or lesbian to enjoy life. People don't see clearly.

I hope you will watch and listen to what I say on my page with all your heart. They must not go against the law of the gods. Life is short, at any moment the air does not enter and you are already dead. So why so much vice?

Help people, your family, your wife, your children, society... like me. Life there are many things to enjoy. What does it matter a bigger or smaller genital, a bigger or smaller breast. What difference does it make if everything is the same? What's inside the chest?

There is fat, nothing else, all fat. What can you teach? And inside the body there is pee and poop, I do not understand what is happening to you.

In life there are wonderful things to enjoy. All whims are expensive.

Do not fight against the gods, we are poor humans, we will never win against the gods. Do not teach bad things to young people, you will pay dearly, very dearly.

Teach young people to do things well, please don't teach porn because you will pay dearly, very dearly.

In a few years your body will be full of wrinkles, the breasts sagging 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-lived. Then what? What are you going to teach? Teaching young people to do porn and free sex with madness, what do you get? : nothing, and on top of that you win the punishment of the gods. If you don't believe in God, nothing happens, you'll find him when you die. In addition, each one has an airplane safe where everything is registered, the good and the bad. Everything remains in your conscience. What do you win with that? is registered,

Making porn videos and uploading them to the Internet, what nonsense! You don't get anything and on top of that you go against God's law. You're so silly! You are going to punish yourself. You do not get any benefit, on the contrary you will have bad luck, very bad luck.

**Please listen to me, look for a positive life, doing porn will only have bad luck and your life will be worse every day. Please listen to me.**

**You will go to hell. Listen to the video that I have on my page of the voices of hell, listen to the screams of the people who are in hell and you will see how they suffer in pain. You can die at any moment, in the cemetery there are not only pensioners, there are many young people, think about it. Don't teach sex to the public, it's a devil's way, it doesn't work out. The devil gets in easy and it's hard to get out.**

**The only thing you can do is repent. Repent with all your heart. You don't believe everything I say but it will happen to you whether you like it or not, because this is the law, it is the law of the gods. The law of gods will enter when you die and all sins will be harshly punished. I personally do not go in or out, everyone does what they want with their lives, I only advise you.**

**I am not against anyone, I am only telling you the future that awaits you.**

**Thank you so much.**



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### *33.- THE MAN, THE WOMAN, THE MARRIAGE AND THE FAMILY.*

**The 20-year-old man should not and it is not good for him to have sex ejaculating more than once a week. The 30-year-old man should not have sex ejaculating more than once every fifteen days. The 40-year-old man should not have sex ejaculating more than once every 20 days.**

**The 50 year old should not have sex ejaculating more than once a month. The 60-year-old man must live without sex. This is for health. Eat people like to have sex, fine, but have sex without ejaculating, so you can maintain your health.**

**I give you an example: Once, a primary school student goes to a friend's house who shows him a porn movie. From that day on, at home, he masturbates 4 times every day. This student was the best in the class and because of masturbating so much he had health problems: headache, hair loss, green-white face color.**

**He's getting thinner, he can't walk well, he has kidney pain, his blood doesn't circulate well, he can't sleep well because he has many nightmares, he becomes unsociable and all of this comes from masturbating too much at such a young age. If you have a lot of sex from such a young age, you will have health problems and can cause diabetes. Diabetes is affecting younger and younger people.**

**There are many women who have the bad habit of having sex many times every day and men too. This can cause kidney problems in both men and women. If the man ejaculates many times a day, he will have health problems. When you have kidney problems, you will first notice that your hair falls out little by little and you feel weaker and weaker, your face turns yellow, pale.**

**Abortion can affect in the future to have children. If you have an abortion, you will be 25% less likely to get pregnant. If you abort twice, you will have 50% less chance of having children. If you abort three times the probability of having children decreases by 75%. Apart from having significant psychological problems. If you abort 4 times the probability of having children decreases by almost 100%. When you have an abortion, then you have several problems: the first is that it will be difficult for you to get pregnant, the second problem when you are pregnant, possibly in 2, 3, 4, 5, 6, or 7 months, the child dies inside the womb. Because? because her womb is affected by abortions. The womb is cold, it is not warm and the fetus inside feels bad as if it were a house that is very cold and also has a lot of water underneath. This is bad for the fetus. If one day you want to have children, do not abort, for your own good because we are made of flesh and blood. The body can't take it, psychologically you can't be calm. You will never have forgiveness from your conscience or from the gods. Although the laws of humans forgive, the law of the afterlife will never forgive you.**

On the other hand, when summer arrives, women wear light clothing, straps, a free back, short blouses showing the navel, short skirts to provoke men. That's not being pretty. The pretty one is the elegant one. You should NOT wear light clothing. Showing everything you have provoking men. It's not good for you or for people.

When the woman wears suspenders and everything open so as not to be hot, the problem is when she enters a store with air conditioning, the difference between the heat outside and the cold inside can cause cold air to enter through the back, the navel, affecting to the lungs, kidneys, womb.

When the womb stays cold, you can have problems in this part of the body. Also cold air can enter between the legs up to the womb.

To avoid all these problems, do not wear light clothes or show everything, provoking everyone.

It is not good for you or for others.

## *MARRIAGE*

Hello. Marriage is the foundation of a society, a country, the entire world. It's the most important thing. Because if a marriage does not get along well, problems that are transmitted to society, the state, the country and the entire world begin. When a marriage does not get along, they always argue and fight, the children see it and learn it and then transmit it to society, they do the same with their future partner. In the child's thought all things are recorded and when he is older he does the same thing that he has learned from his parents. A marriage divorces, the children are left alone with the mother or with the father. The family is not complete. It cannot be very balanced, because it is not in a happy family. He compares himself with other children who do have a happy family and this causes him many problems.

Love comes and goes. When love leaves, another love is sought and then comes the divorce. The most appropriate thing, as the Buddhists say, is for a couple to have mutual respect in order to live a happy life. Because respect is much more important than love. Because love is unreliable.

Whether there is love or not, if you can maintain mutual respect and care for each other with your heart, this marriage can last a lifetime. The basis is mutual respect. After this respect, love arises, and this love is solid because it is based on mutual respect.

So marriage lasts a lifetime.

Now people marry on only one basis: love. But love, it comes and goes.

In that case, when love leaves, the children will have problems.

So many broken families, so many children suffering the consequences. This can be traumatic for the child and cause problems in the future of the child, in the future of society and the whole world. That is why you must have a happy family to have a physically and mentally happy child.

Like so many people, when they get older, they kill, commit crimes, murder, become terrorists.... All this is because the family does not teach or educate well. That is why in a family that has problems, the children when they grow up can be a problem for society...

We have already seen, there are so many terrorists because the families do not teach well and the children have grown crooked. Guilty are the father and mother. That is why a couple that is not happy, that is not well, the

**society is not good either. If society is not well, an entire country is not well. If an entire country is not well, this world is not well at all.**

**That's why the solution is from the beginning. We all have to do with our hearts for each other, not demand so much. Better known bad than good to know. He tries to maintain a family by giving up both, for the good of the marriage, and for the good of the children who are innocent. The children are not to blame. Try to live in mutual respect so as not to break the family. Try not to abort, because everything the child sees is quickly learned, the good and also the bad. It doesn't say anything, but you learn quickly. For everyone's sake, please, we all have to be responsible with our children, educating and teaching them well.**

**If the family does not teach well, the children when they grow up will cause problems for everyone. Therefore, everything starts from a marriage. If the marriage is happy, this society, this world will be a paradise.**

## *FAMILY*

**If a family is not happy, it can affect a society, a government, the world.**

**If a child is not educated correctly and his father and mother do not give him a good education, one day he may harm his family, harm society, harm the country or even the world. Like terrorists who can blow up a plane and kill a bunch of people or suicide bombings or mass murder with guns. This is the result of bad education. If parents do not give a good education, it can affect the society, the government and the world.**

**The most important is the family. Husband and wife must be happy and they cannot divorce, when they do, the ones who suffer the most are their children and when they are raised in an incomplete family, they may have more mental problems. Try to be happy, don't get divorced. 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 neither is the government.**

**Everything is one: family, society, government and the world, we are all one. If we do not give a good education to the children, the reason does not matter, the failure of the parents because they do not give a good education. We are fathers and mothers, and we must educate our children to be good citizens, to help society, to help the family, the State and other people. Our mission is not just to have children and raise them. The most important thing is to give them a good education so that our son can be a good person and help others, this is the most important thing. I advise you, for the love of your child, you should be less demanding of your partner and not try to find another, your real partner is fine. A bird in the hand is worth more than a hundred in the air. Try to be happy and not be too demanding so that your relationship can last forever and for the good of all, this is very important. Don't always think of yourself and try to find another partner, your real partner is fine, don't 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 have not been well educated, if the**

**Human laws do not punish their parents, God's law will, for not giving a good education.**

**You have to know that the first thing is that the family must be well, that is why we are all one.**

### *BE A GOOD SON*

**You will never have friends if you don't give first and be good to them.**

**The father and mother give a lot of love to their children and if you don't love them, what kind of person are you? You must know, first of all, that you must be a good son. When you leave home, you must dress appropriately, you must say hello and ask permission. Always, when your parents are talking to you, you should always listen to them.**

**When they call you, you have to say their name and be respectful to them, very respectful. When you speak to them it should be in a soft tone of voice, with a smile and a bow from them. We must defend our parents, because we owe them a lot and we have to return these favors to them. If you do, you will be a good person and your children will be fine with you.**

**If you are not good with your parents, your children will not be good with you in the future, because everything is learned. If you are a good son, you can be a good friend, a good father, a good citizen for society, for the State, for everyone, but first you must be good to your parents.**

**Never raise your voice to your father and mother, in no case should you never protest or complain, you should do everything modestly, ask your parents for permission for everything. This is the principle of good, of any act of good. First of all, be good to your parents. Remember, when your parents die one day, according to Buddhists, you can't party for 3 years. You will always have to think about them. Do not do like many people who, after the funeral, go to a party a few days later and forget everything without feeling. You will be a good son if you meet all these conditions.**

**When your parents need something, they shouldn't have to ask, you have to know what their needs are. You must offer them everything you can with all your heart.**

**The father and the mother give a lot of love to the children. If children do not love or respect their parents, 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 appropriately, greet your parents and ask their permission to leave.**

**When parents speak you have to listen to them with all due respect.**

**When they call you you must go immediately, you cannot say no. You must give them all your respect. When you address your father or your mother, it should be with a soft voice, smiling and bowing your head. We owe so many favors to our parents! we have to pay back everything they have done for us. If you do this, you will be a good person and your children will be good to you. Because everything is learned. If you are a good son, you can be a good friend, a good citizen for society, for the state, for the whole world. First of all You have to be good to your father and mother. You should not raise your voice under any circumstances. You shouldn't protest. You must humbly ask your father and mother for permission to do anything.**

**This is the beginning of all good. First you have to be good to your father and mother to do any good deed.**

**Remember well, according to Buddhist theory, when your father or mother dies, you can't party for 3 years and you always have to think about them. Not like many people who, a few days after the death of their father or mother, go out to party. These people have no feelings. If you do these things, you will be a good son.**

**If your father or mother need anything, they should not ask for it, because before they ask you, you must know what they need and automatically offer it to them with all your heart.**

**Offer them everything you can.**

**So you will be a good son.**

**Thank you so much.**



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### **33. DISEASES AND SELF-HEALING**

**In order to recover from such diseases, the only effective thing is to learn Buddhist theory. All types of psychological illnesses depend on way of thinking.**

**Buddhists learn to control our thinking. In order to control your thinking, the first thing you have to do is learn to think for others. Don't think about ourselves. The more you think about "me" the more problems you will have.**

**Any desire if it has not been fulfilled produces a very big disappointment. The more wishes the more disappointments. Try not to wish. We lived in that world for a few years. Desires are pure fantasy, there is nothing real, there is nothing, there is nothing. That is a pure fantasy. The "I" has a few years of life. As long as the body exists, the "I" exists, but when the body breaks down and dies, this "I" disappears. What you see and what you touch is like a TV screen. A lot of good and bad images pass through the TV screen, but when we turn off the TV, what is left? nothing remains, all images have disappeared. That is what we Buddhists see, a pure fantasy.**

**Nothing stays 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 "I". Think less about yourself, have a big heart helping others. You have to understand this.**

**In that case there will be no psychological problems.**

**The way of thinking is the only thing that can cure. With pills you can control the disease for a while, but this does not mean that it is cured.**

**To heal, you must do for others and forget about your interests.**

**That's all you can do.**

**The Buddhist tries to learn and do everything for others. We Buddhists do not have these types of diseases, because we understand that life is pure fantasy, there is nothing real. We think that everything is fantasy.**

**A dead person is a corpse and nothing more. It rots, worms come out... it doesn't matter rich, poor or powerful. When we die, the body deteriorates in a few hours. And we don't take anything with us to the afterlife.**

**If you can understand this, you will live much better and you will not have any kind of pressure or disease.**

#### ***HOW TO CURE CANCER***

**When a person has cancer it is very difficult to cure.**

**Because?**

**Because when chemotherapy is done, the chemical kills healthy cells and cancer cells. That's not how it heals.**

**If you have surgery to remove the part affected by the cancer,**

**Not everything is removed, the cancer is still inside. For this reason cancer is difficult to cure.**

**How is it cured?**

**I'm sure if you listen to me and follow my instructions, you can be cured.**

**There are two ways that cause cancer:**

**1.- The thought**

**2.- The food.**

**1.- Thought.**

**Thought and actions are very important to be able to cure cancer.**

**Life is full of nerves, pressure at work, anger, sadness....**

**All kinds of negative emotions that alter blood circulation.**

**If the blood does not circulate well, it cannot reach all parts of the body,**

**And it accumulates at one point because it cannot circulate well, at that point, little by little it rots, producing**

**a tumor that later degenerates into cancer.**

**This is one of the causes why the same body produces cancer.**

**Many people go to sleep very late. The body has to rest according to its nature.**

**If you want to be healthy, you should go to bed early at night.**

**and in the morning you must get up early**

**2.- The food.**

**85% of people who have cancer is because of 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, cheeses, white sugar,**

**And all kinds of sweets. Eating these foods can cause cancer.**

**Foods that cause the body to become sour are also; ham, chicken,**

**Cow, horse, pig... that is, all kinds of meat, and fish. Bread and fats like butter**

**They also produce sour in the body.**

**Any food that enters the body first feeds the cancer cells. The richer you eat, the more cancer you get.**

**Cancer is also called the disease of the rich. Because the rich eat many foods with many vitamins and very "rich".**

**The more you eat that type of food, the more alive the cancer will be in your body. If you eat more "poor" cancer will be poorer.**

**There is a medical study on the Buddhist monks who live on the mountain. According to this study, almost none have cancer.**

**Because?**

**First, because of their quiet life, they have no nerves of any kind.**

**Second and according to the doctors, for their food. what do they eat?**

**They eat cereals, apples, bananas, lemons, grapes, tea... all this type of food is healthy and poor food. what is poor**

**That there is no wealth in vitamins.**

**The more vitamins the food contains, the happier the cancer cells are. Every day it gets stronger, it reproduces faster and people die sooner.**

**If you want to cure cancer, it is mandatory to give up all kinds of meat, cheese, eggs, sweets, bread. Butter.**

**You should not eat any of these foods. You must live a calm life, without nerves, without sadness, without pressure. Try to live calmly.**

**For the circulation to be good, you should not get angry or nervous.**

**If there is poor circulation it affects your health.**

**If you don't stop eating meat, cheese, sugar... you will never be cured of cancer. God will not be able to help you. The only one who can help you is yourself.**

**Not even the doctors are able to help you. If you don't stop giving cancer cells the kind of food they like, how are you going to get cured? Impossible.**

**There was a person who had cancer and the doctor tells him that he can't do anything, that it's too late.**

**He went to consult another doctor who told him: healing is very easy. I tell you the things you can or cannot eat and you will be cured. You have to be a vegetarian: you should not eat: meat, fish, eggs, cheese, sugar, cakes, you have to eliminate them completely from your diet. You only have to eat as a vegetarian: cereals, fruit, vegetables, tea and drink some wine but without getting drunk.**

**These vegetarian foods, because they are poor, cancer cells cannot live. Since you don't feed the cancer cells, little by little these cells die and the cancer disappears. If there is no food it is not possible to live.**

**Remember well: if you do not give food to cancer cells. Cancer cannot live. What we have to keep in mind is that chemotherapy kills both good and bad cells. Everything is inside our body. The chemistry kills the good cells first, then the bad cells.**

**Anyone before having cancer has symptoms that something is wrong with their body.**

**The symptoms are: the skin does not shine, he gets tired very quickly, for example when he goes up the stairs he gets very tired, when he sits down he falls asleep, his feet smell bad. All these symptoms mean that we are not eating well and that the body is warning us that something is wrong.**

**Weak health and defenses means that you must change your diet.**

**When you have these symptoms you should quickly switch to a diet**

vegetarian. If it doesn't change, at any time you can have problems with cancer.

All kinds of harmful fat comes from meat. The fat that circulates through the blood comes from meat. Our blood thickens and the thicker the blood, the more difficult it is to circulate. If you have more difficulty in moving, it produces a series of negative consequences for our body; if it passes through the heart, it blocks it causing a heart attack; if it passes through the brain, it can cause cerebral palsy and as a consequence half of the body becomes disabled; the blood does not reach the joints well.

The feet, being farthest from the heart, are the first to suffer the consequences, then it gradually goes up the legs, causing pain and difficulty when walking. The same happens with the arms, which run out of strength.

All this is produced by poor blood circulation. If the blood does not circulate well, not even God saves you. For the blood to circulate well you need a good quality of blood. If the blood is thick and full of fat, it does not circulate well. Nobody can help you. Nor God. The only thing that can help you is to be a vegetarian. If you want to live well with good health and long life (because health is the most important thing in life before wealth, family and everything else) Health must be taken care of by taking care of your diet and having good thoughts.

You must do good deeds for others. To be positive, to help people to have that positive energy and to be joyful. Like me when I help people I feel super, super, super good. I do not know why. I am super happy and super positive. To achieve this you must help people AND do positive acts for others. Always with positive thinking, use good words, do not speak ill of anyone. Always think that everyone is good. To be able to have a long life, a good future, a good family, love... all this to acquire positive energy.

There is no other way. Giving money to people who need it, This is food for our soul. If there is no this type of food we are going to live very poor in this world, sad, things are not going to turn out well. The more selfish, the more expensive you will pay. So that this does not happen, I want all of you to change the way you live, the way you eat. Change by helping others. If you help others you help yourself.

You have to understand that. If you want to be well and have a good life, you first have to do good for people.

## *DIABETES*

Hello. There are two causes, two problems that cause diabetes: 1.-

Food. If you eat a lot, not adequately and eat what you shouldn't, it affects the functioning of your kidneys. If you eat too much meat, which is difficult to digest, it affects your kidneys and stomach.

2.- Sex. If you have too much sex, it affects your kidneys. As a natural medicine doctor said: "A 30-year-old man can ejaculate 1 time every 8 days to avoid health problems. A 40-year-old man every 15 days, a 50-year-old man can ejaculate every 20 days, and a 60-year-old man should not have sex. It is the nature of our body for normal people. In this case, since most men like sex a lot, the only thing you can do is

to do is to have sex without actually “running”, without ejaculating. A 30-year-old man, to be able to do all his whims without affecting his kidneys, his health, can only ejaculate every 8 days, a 40-year-old man every 15 days. So you already know what to do if you want to have good health and that sex does not affect your kidneys and liver. Because kidney problems affect the functioning of the whole organism since all the energy comes from the kidneys.

If the kidney fails, the whole organism fails. The main cause of kidney failure is because you have too much sex. You have to realize it. You know, if you want to be healthy, have sex without ejaculating.

Remember that a 50 year old man can only ejaculate every 20 days and a 60 year old if it is possible not to ejaculate. Do what you can, but don't ejaculate as many times to maintain your good health.

The first symptom of kidney failure is that your legs are getting thinner. Afterwards, the legs go numb, and you don't feel them, as if they were groggy. When you walk, you have the sensation of stepping on foam, as if you were not touching the ground (lack of sensitivity). And lastly, the toes start to turn black (necrotic) and they have to be cut off because otherwise the gangrene can work its way up the leg and the whole leg has to be cut off.

Therefore, you have to know that all this problem comes from the excessive practice of sex. The body has to follow its nature, it must not force its body. Don't take pills to help you have more sex because the more sex, the faster you can get sick and die.

It can also cause a blood vessel in the brain to rupture.

Due to this rupture, part of the brain does not get the blood flow it needs and the cells that do not receive oxygen stop working and die. This can cause paralysis on one side of the body, and many other health problems and even death. Everything comes from having too much sex and having so much sex pays dearly with your health.

That is why I advise you to try not to ejaculate every day.

If you are young, every 8 days, if you are 40 years old, every 15 days, if you are 50 years old, every 20 days, and if you are 60 years old, try to extend sexual intercourse as long as possible.

If you notice any of the symptoms I've described above, watch out! You have to hurry to save your life, because as people say, you only live once. Try to live healthy. Without health there is nothing.

I am going to explain a real fact:

A 15-year-old good student, he starts watching a lot of porn movies and masturbates ejaculating 4 times a day. Every day semen is taken 4 times. Then he starts having health problems. Before he was a good student, at school he always got 10's in his grades because he studied and was very intelligent. Then he picked up that bad habit of having sex alone and his memory begins to fail, his hair begins to fall out, dark circles begin to appear, his face turns yellow, his legs shake when he walks, he has kidney problems, liver .... All these health problems come from masturbating very young and often (4 times a day). After consulting with the doctor, he has rectified his behavior and is back to normal.

**You know, if you want to live well in good health, you control sex. Don't watch many porn movies, because the more you watch, the more your brain thinks, the wires get crossed and it goes crazy and doesn't stop having sex, doesn't stop masturbating, or "cum". Then all kinds of health problems come to him: diabetes, kidney and liver malfunction... everything is a consequence of having a lot of sex. That's why too much sex is a path to death. If I say don't have sex, people will tell me that this is impossible, well, in this case I advise you that if you like sex so much, don't ejaculate, practice halfway without reaching the end, without "cum" . That way you will stay healthy. If you have too much sex you are more dead than alive. An undead only causes problems for the family, problems at work, psychological problems... When he has these symptoms, he withdraws into himself, becomes unsociable, does not want to interact with others, isolates himself in his room and does not want to talk to anyone.**

**If your child has any of these symptoms, be careful so that it does not go further and seriously affect your health. Parents have to watch and take care of their children, because the children do not know and they have to learn.**

**This is what I advise you today about sex. Thank you.**

### *LONG LIFE WITH HEALTH*

**In this world there are three kinds of people who do not get sick:**

**1. Good people. They are those people who always help people. You have peace and harmony within your heart. When you help other people, you create a positive energy that gives you satisfaction and joy. These people never get sick.**

**2. People who practice yoga. Through yoga, you can keep your thinking relaxed, you can control all your thinking. Like me, who has been practicing yoga for 40 years. In the morning when I get up I practice ½ hour of yoga and before I go to sleep I practice another half hour. So every day for more than 40 years. I have never been sick, I have not had illnesses of any kind. I don't know what pain is and I never have health problems. This is the second type of people who never get sick.**

**3. People who have understood the theory of Buddha's teaching: they have understood that everything you see and touch in this world is pure fantasy. There is nothing real. Our soul enters the body when it is born and leaves the body when it dies. Then he enters a new body and is born to later die again and leave. But the soul never dies. Just go in and out of the body to learn that life is pure fantasy, there is nothing real.**

**That's why you must stop wishing. When the end of our life comes All our desires are = 0. Because when we die we don't take anything with us. There is nothing real. No matter your condition; if you are a millionaire, powerful, poor or a beggar, the body dies and rots just the same. That's why what you have now is a dream. Some people have good dreams and some have nightmares, but nothing is real. If someone can understand this, that person will never die again. Your soul will be free and you can be born on this or another planet. Everything depends on us.**

**If we can get rid of this body self, then you will never get sick. Everyone has to understand. If we are all one and one takes care of the other, we will never get sick. while the self is more**

big there is more selfishness and life is more difficult, it has more misfortunes, more illnesses, the shortest life, you have bad luck.... Therefore, if you do not want to have diseases, you already know the three ways to maintain health and not get sick.

Thank you.

## *SELF-HEAL*

Hello. How to self cure all kinds of diseases. I recently went with a family member to see the doctor for spinal problems. A rather old doctor. He said that if you have spinal bone problems, what you have to do is take pills, massage, swim, do gymnastics and that's it. Can't do more. The family member does everything the doctor tells him to, but is still in pain. Later we visited another English doctor, young and licensed for a few years and she told us:

First I have to give you a theory class so that you know how to heal yourself. The method was different from the doctor we visited the first time. The modern doctor surprised me because she said that the only thing that can be done to cure any disease is self-cure. And how is this done?

First he explains to us:

When we have nerves in daily life; we eat poorly, prefabricated foods and cans, full of preservatives and dyes; or we get angry and sad; or we don't move and we don't do gymnastics. We breathe polluted air, polluted water.... All that series of things affect our health.

Therefore you must:

1.- Take care of what you eat. Your diet has to be healthier. You should not eat cans because it is bad for your health

2.- Do not have negative thoughts, we must change our way of thinking, because all kinds of negative thoughts affect health.

When we feel negative emotions, such as when we are sad, we adopt postures that little by little deform our body, affecting the spine. He explained to us that a series of nerves pass through the spine and each nerve communicates with a part of the organism.

These nerves connect directly to the brain.

We have millions of cells in the brain to communicate with the rest of the body. Through these cells, the brain gives orders to the rest of the body.

When we eat preservatives, or we are sad, or we are negative, the environment is negative, the brain is affected, the communication of the nerves with the rest of the organism is blocked. The information is interrupted or does not reach the rest of the organism. For example, if the information does not reach the heart well, the heart does not work well.

Each country has its life expectancy. The people who have the longest life expectancy are the Japanese because they take very good care of their environment, their work, they are very demanding when it comes to food, they take care that everything is as natural as possible.

**The lowest life expectancy in the world is in Africa. The atmosphere is bad, the food is bad, everything is bad. That is why these people live only a few years.**

**If you want to live many years in health, all you have to do is heal yourself. The doctor gave us a list of 20 or 30 things that you should avoid, correct, change, that you should not do, but she did not teach us what we should do so that negative information does not enter our brain; like nerves, sadness... She didn't know. This is taught to us by Buddhist theory.**

**Buddhist theory teaches us how to achieve a peaceful life. There is no other way to stabilize our way of living and thinking so negative. Only through Buddhist theory and practice.**

**Why is it necessary to learn Buddhist theory?**

**Buddhist theory, explains that life has to be lived healthily. That is, we must live a calm life, without desires, without negative thoughts, we must not put any price to achieve things. You can't live well like this. We struggle in life, it is normal and logical, but we must not pay any price to achieve our goals or desires. If good things come our way, fine. But if things don't turn out the way we want, okay, what are we going to do? If it arrives well, fine. If it doesn't arrive, that's fine too. Buddhist philosophy defends the struggle for life, but we should not be disappointed if we do not achieve our wishes.**

**You should not be disappointed when you cannot meet a goal in life. We must fight with a calm heart, with a pure heart, without hurting anyone, without taking advantage of others. Try to help people. If you help people, people return double, triple or a hundred times more. Instead of always thinking about me, me, me. This says Buddhism.**

**We fight for our own and for that of others. Two things at a time. You should not always think of "me"; my family, my friends... always for me. There is no good future or good health if you only think about your own. If you want good health and good life, take Buddhist philosophy. Do not try to step on others to get your wishes. That is like bread for today and hunger for tomorrow. The only way to live well is with thought of love and understanding.**

**You have to forgive the faults of others, to have positive thinking and not fall ill. If someone hurts you and you always remember who crushed you, who hurt you, who stuck a knife in your back, who annoyed you.... your brain is blocked and the information does not pass to the nerves that distribute it to the rest of the body. All life you will have health problems. If you have health problems you will not live long even if you have a lot of money.**

**It will not live well. In life the first thing is health. If you are not healthy, you have nothing. That is why I advise you to try to lead a life with a heart of love. Forgive others as you forgive yourself.**

**Don't point fingers, try not to criticize anyone, because we ourselves are not perfect. Nobody is perfect. That's why you don't point out the faults of others. This way you will live with health and you will be able to enjoy your life, your family. But you know, if you want something you must give something in return.**

## THE POWER OF SELF HEALING

Self-healing miracle. Buddha says: everything will be fulfilled according to our mind. Everything is in your mind; your health, your life, your future, your family, your partner, everything good and bad. Everything is in your mind. We should not ask God, because we are God, we are children of God. That's why instead of asking God, ask yourself and you will be cured. Yesterday, I helped a neighbor couple to heal themselves. The husband is 85 years old and the wife is 80 years old, both Catalan, Spanish. This couple hasn't been out on the streets for many years because they both have leg problems. When you reach a certain age, your legs lose strength and you can't walk well. Yesterday I helped them self heal. The 85-year-old man's legs have been hurting for a long time and he has been to the doctor many times but the pain has not been cured. He walks, very slow and curved and supports himself with a cane because he is in a lot of pain. When I went to visit them, I told the Lord: - Listen to me and trust me. Do what I tell you, don't think about anything else. He answers me: Okay. I tell him: Trust me. From now on, you don't have pain in your legs, leave the cane and walk straight and fast. The man suddenly puts down his cane, raises his chest, and walks quickly across his floor. The woman said surprised: - I have never seen my husband walk like a young boy. His apartment is large and when the man returns to where we are, I ask him how he is. He answers me: - I don't know what's wrong with me, my legs don't hurt anymore, I'm doing very well and I have a lot of energy. Imagine, for many years he had not gone down to the street because he could not walk and suddenly, when he received an order from me, his fear disappeared and he healed himself. In a few seconds the illness that he had suffered for so many years disappeared. This is not a miracle from 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. All the universe is here, in your mind, all good future is here, all happiness, long life. Here in your mind you can make a paradise or a hell for yourself. At first, when I went to see the Lord, I asked him: - What's wrong, sir? He answers me: - I am 85 years old, I am tired of living, I want to die, I no longer have hope and I do not want to live anymore. I answer: - Life begins at 60 years old and if you are 85 years old, now you are only 25 years old and you are in full youth.

Now you must think as if you were 25 years old. Those 85 years are over, from now on you are 25 years old. As he trusts me, suddenly, at one point, that thought enters his brain and gives the order to his body to function properly. In a few minutes, your health and your mind have totally changed to positive. It is a miracle. It is the miracle of self-healing. Is awesome!

Now I will talk about the lady. He is 80 years old, he fell on his floor and broke a bone in his leg. He had to have surgery, and he has been in bed for a long time without being able to get up. I ask him:

•Do you want to get up? Do you want to walk? The lady answers me: • Yes, yes. I wish so badly that I could get up and walk alone! I tell him: • If you want to get up, listen to me and do what I tell you. If you trust me 100%, I guarantee you will get up. The lady answers: • Good. The next day, the lady thinks: "Master Roger has told me that if I want, I can get up and walk. I'm going to try it"

Then this thought enters her mind and she gets out of bed by herself. He leans against the wall and begins to walk. How is it possible? The doctor has not been able to cure me, Master Roger tells me "if you want, you can get out of bed and walk" Why not? I want to heal for a long time, I don't want to be there all day

in bed. Therefore, with this thought, the lady got up and walked. Now the lady walks slowly because she has been in bed for a long time without getting up. Go figure! ; self healing.

Anyone who listens to me now, if they think about all my words and listen to me, they can be cured: • You can walk • You have no pain • Your disease disappears. But you have to be convinced and trust my words. So it can self-heal in an instant. This is the power of the mind. It's not a miracle. You do the miracle. Only you can save yourself. Doctors know that they can only help you 30% and the remaining 70% depends on you, on your mind.

Anyone who listens to me and trusts 100% in my words can self-heal. Plus it's free. You will not lose anything by trying. Just take my word for it. All kinds of disease can be cured, Any disease in a moment is cured. If you listen to me, this can save your life and you can have a life full of happiness.

Always with a heart full of Love, full of positive thinking. So all wishes can be fulfilled. As simple as that. We complicate our lives. Life is not complicated. Illness spoils our bodies, and we get sick because we have negative thoughts. From the brain, the negative thought passes through the spinal column and transmits it to the whole organism. Therefore, this negative thought affects your entire body. Before you hurt people, think about it, because you are hurting yourself. This is said by a doctor in Barcelona who treats spinal problems.

Remember well, if you want to have good health, do not have any kind of negative thought. You should not have stress, nerves, anger, sadness... all this negatively affects your health... If you want to get out of any kind of problem, listen to my words. Think positive with all the strength of your mind and I guarantee that everything negative becomes positive. It's simple, it's just this. Please, if you listen to me, try like that marriage. They have been able to heal, they have healed themselves in a minute. After so many years of illness, with no hope of living, at one point his life changed for the better. What I have done with this couple I can also do with you. You just have to have faith in my words and trust me. If you trust me and believe me, I will help you cure any disease in an instant. This is not a fantasy, it is real. Please, I only ask you to listen to me and trust me. If you listen to me and you are cured with this theory, tell your family and friends so that they too can be cured. Remember, for this to work and to be able to heal yourself, you must have positive energy. To acquire energy and positive thinking, every day you must help people, you must do 3 good deeds for people. If you are full of negative energy, this theory of self-healing does not work. You already know, for it to work, it is essential to be a good person and help people. When a person is negative, self-healing is impossible. Remember: Energy and positive thinking to have a long life with health. Powerful people, millionaires, all want to live well. Because if you don't have health, your wealth is useless. If you want to live long, use your money to help people. So others, with your help can improve. If you improve the lives of others, you acquire positive energy and your life also improves. If you don't use your power and money to help others, power and money become a burden to you. When you die you will go to hell, but if you help others you will go to heaven.

Remember well: Take advantage, use your money and your resources to help

people, because that way you are helping yourself. I always say: - When you throw a ball at the wall, if you throw it hard it makes you strong. Therefore, the more you help people, the better you will be and the better life you will have, full of health and positive things. Wouldn't you like to have a long life with good health? Well, you know, all you have to do is help people. There is no other miracle. If you ask God when you do evil, it is impossible for him to help you. God can't help you. All up to you. So if you want to have a long life and good health, listen to what I tell you: always be positive and help people who need it.

There is no other way to self heal.

Thank you so much.



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## 34. REINCARNATION

Many people do not believe that after death they can be born again, they do not believe in hell, they do not believe in heaven or God, they do not believe in anything. These types of people who do not believe in anything are the most dangerous because they are capable of doing anything. They don't believe in divine punishment or punishment imposed by human laws, I don't care about anything, they can do bad things, this is the most dangerous.

Reincarnation has been demonstrated with the technique of hypnosis. Once, I was hypnotized by one of my students and that I could go back to the Roman period. My hypnosis teacher once hypnotized an illiterate woman who did not receive any education, when she was under hypnosis, she was able to speak perfect German and can also write in German. When she was out of the effects of the hypnosis, I played the recording and asked her what she was saying and what was written on the paper. She replied that she has never been to school and could only speak Spanish, there are no other languages and she had no idea what was said on the recording or what was written on the paper. Hypnosis has been mentioned in many books published by doctors from the US or international hypnosis, they explain that thanks to hypnosis you can discover your past lives.

Anyone who doesn't believe in it can look for a hypnosis teacher and when you're hypnotized, you tell yourself about your past, no one else. You will feel everything that happened in the past and then you will believe that reincarnation exists, hell exists and divine punishment exists too. I see you, I feel and I believe that reincarnation exists. All hypnosis doctors testify that reincarnation exists through this technique, but the doctors are not attached to any religion, they are scientists, just give hypnosis a try. Anyone who doesn't believe can go to any hypnosis doctor 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 only says so, also many doctors who do not believe in God, but in reincarnation. All of them can justify what I am saying now.

There are many testimonies that can justify that reincarnation exists.

If reincarnation exists, divine punishments, hell and any kind of punishment also exist. A person can reincarnate into a person or an animal, everything happens through reincarnation. Since we believe in reincarnation, if we do it wrong, in our next life we are not going to be born as human beings, we are going to be born as animals. If we eat meat, in our next life we will be like the animals born and the animals to be born as a human being and it will be their turn to eat the animals and the circle will never end.

If you want to be reborn as a person don't eat meat so don't

**They will be part of this vicious circle, because the animals that want to have their revenge.**

**It is better to let them live and you will live better now and in the future.  
Hypnosis was not invented by the Buddhists, it was invented by the Americans.**

**Buddhists do not practice hypnosis, but thanks to doctors or hypnosis teachers, they have shown that Buddhists are telling the truth, which is not a lie.**

**These doctors are not Buddhists and do not believe in God or Buddha, but they do believe in reincarnation.**

Thank you so much.



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## 35.- THE CELL

Hello. Today I will talk about the good and bad cells that are part of us.

All cells have thought. Every good or bad cell wants to live. Any cancer cell or any other disease, we produce it with bad thoughts or with what we eat, this is the result. To combat the bad cells that our body has, all we have to do is:

1- Take care of what we eat. Eating any type of meat or fish carries a risk to our health. No one knows what viruses are in the meat we eat; pork, poultry, beef... all these meats carry bad cells that we don't know about. To avoid infections, try not to

eat meat.

2- Negative thinking. When a person is nervous, sad or has any kind of strong negative emotions, it affects their blood circulation. What we eat and what we think can cause obstruction in small veins, not allowing blood to circulate. The blood accumulates at this point and days, months or years later, a lump is formed that little by little transforms from a positive cell to a negative cell, degenerating into cancer or any other type of disease. The cause of all this is the toxins that the meat we eat and negative thinking carry. If there is no health, there is nothing and to have good health we must give up the pleasure of eating depending on what type of food. Try to eliminate "kill, kill and kill" from your thinking.

We all have negative cells in our body. A part of you are negative cells. It depends on the amount of these negative cells that we have in our body. If there is a lot of it, it can affect your health.

Our organism has positive cells and negative cells. Try to live with both. Do not think about killing the negative cells because if you think about this the negative cells will try to defend themselves and every day they will attack your body more. If you only think about killing negative cells, they also know how to defend themselves. You have to fight them with positive thinking, not trying to think about "killing", because they are a part of you. Before they were negative cells they were positive and through our negative thoughts and what we ingest, they have become infected and transformed into cancer cells. That is why you should practice yoga, to relax and have good thoughts.

Bad cells are caused by us; they transform from positive to negative mainly for two reasons: THE first cause is, as I have already told you, nerves, stress, and negative emotions.

**The second cause is because of the food we eat. If we eat any type of animal meat it can affect our health, so try to avoid it, for your health. If there is no health there is nothing.**

**If you want to have health, long life and happy family you have to do something for yourself. To have positive thinking, try to help others with words, actions, money... so you get positive energy to fight negative cells. Don't think about killing the positive cells, try to change them from negative to positive, because before they were also positive cells. With positive thinking you can change negative cells into positive ones.**

**Doctors can help you fight diseases such as cancer by 30%, the remaining 70% depends on you. Doctors can only remove part of the cancer, but the cancer is still inside your body. They cannot remove all the cancer. Human beings only think about killing, all acts, what we do, what we think, always has to be positive.**

**Kill, it doesn't matter who; to your own child, aborting, to animals... to those who cannot defend themselves, it creates negative energy in consciousness and this affects health. Anyone who supports or thinks about killing, killing and killing, sooner or later their conscience will take its toll, they will punish them, they will punish themselves.**

**Remember well: if you want good health, a long life and a good future, do not kill 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 must have positive thinking and with this positive thinking perform acts to help people and thus have positive energy. It is not enough to have positive thoughts, you must act, you must carry out this thought by helping people in everything you can, with money, with actions, with words..... thus you acquire positive energy and change cancer cells into positive cells because the doctor it can only help you a little.**

**Remember well; everything has its consequences. If you want to live well you have to do something for yourself, helping others.**

**There is no other solution.**

**Thank you so much.**



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## *36.- POSITIVE THINKING*

**Every good or bad thought is registered in our consciousness. If we think badly and act badly, everything registers and we punish ourselves and get nervous.**

**There are many people who say: "God's punishment." God does not punish, we are ourselves who punish ourselves. Every bad act is one that only benefits us and not others. A good act is one that benefits others and not ourselves. These acts are considered good.**

**Everything we do wrong in thoughts and actions out of selfishness or any other excuse, all the harm we do to others, in the end we pay dearly, we pay for it in one way or another. We punish ourselves. Therefore, do not think that nothing happens if nobody sees us commit a bad act, you are wrong, if someone has seen you or has not seen you that is something else, the important thing is what we have done, whether they see us or not someone, that registers in our conscience. Therefore, if a person does good deeds for others, they have a good future, because everyone supports you, because everyone loves you, because everyone helps you. If you try to take advantage of people, whatever, every day you will have more enemies in your way. In order to have a good future, you must have good thoughts. Positive thinking can also bring you good health, a good future and a long life.**

**On the contrary, with negative thinking you will notice that little by little you are left alone in this world. Therefore, you must understand that all this you need to put into practice. The important thing, as I said, is to do for others. The only thing to get ahead 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 a lot of fantasies. Every second, 12,000,000 thoughts pass through our brain.**

**Before doing anything, we think, if we solve what we think, we do nothing. If we have bad thoughts, we can correct them and then we don't get to act. If the thought is wrong, out of selfishness, revenge, or anything else, that thought can turn into bad acts. That is why the only thing we can do to prevent all kinds of evil is to correct this bad thought.**

**First you have to know that every negative thought that passes through the brain produces 200 HZ, this is what causes stress, nerves, low tension and has all kinds of health problems.**

**When you have good thoughts you produce more than 1,000 HZ. This can improve your health, self-esteem, good future, 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. Towards us and towards others... because we are one.**

**Nobody thinks for their own evil, we all think of our good and since we are all one, everything is fine. If you can think like that, you will have a good future, a good family, good friends... of everything. If you think of others, everyone will want to be with you because you are the best.**

**If the thought is correct you will never make mistakes. If the thought is negative you 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. That's why if you want to have everything good in life, you must have positive thoughts, thinking of others so you will have everything good. If you hate everyone, others hate you back. It's like a mirror, if you pout at the mirror, the mirror will also pout at you. Never expect that if you pout in front of the mirror, the mirror will smile at you. Impossible. That is why we must first have good thoughts towards others. Don't expect others to smile at you first, we have to reach out first. If you can understand this, I guarantee that you will have a fantastic life, with good health and lots of friends. Everything depends on us.**

**Buddha said: "Everything by thought can be changed, if we think negatively the whole environment that surrounds us, of the present and of the future, is changed to negative. If you have positive thinking, the present and the future will be positive. Our desires will be fulfilled."**

**Do not think that because someone else hurts you, you have to return that evil for revenge. The only one who is going to pay for this is you. With your health, bad future and bad relationships.**

**Life is short, so if you want to live well, reach the afterlife and be a great angel, like Buddha or Jesus Christ, think positively. You will be a great positive. If you live positively when you die you will also live positively.**

**You must choose. If you want to live negatively, you know where you will go: to hell. If you don't want to go to hell, think positively and you will go to heaven. There are people who say they don't believe in the afterlife, fine. If you don't believe it, at least think positive to live well in this life and all your wishes will come true.**

**That is the most important.**

**Thank you so much.**



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### **37.- THE WISHES.**

**If you want to be free you must leave all desire. All the wishes of this world are for a few years. If you can leave the desires of this world just like Jesus Christ did, you will become a god. Buddha left all desires as a human, all his wealth, all his power. If you give up the desires of your flesh and blood body, of this world, then we can be like Jesus Christ, we can be like Buddha; a totally free soul.**

**The Buddha's scriptures say that there is a paradise beyond this world. Life, It is not like here that we have all kinds of natural disasters, pollution, infections, diseases, negative people.... there is much evil in this world and very little good.**

**The sky, in the afterlife, the sky has 28 floors. This land is like the lowlands, above there are 28 category levels. Any planet in another solar system above ours has a life expectancy of 1,000 to 1,000,000 years. In these solar systems, there are not so many problems to live, to eat, to work.... They work differently. Any person or living being can live a minimum of 1,000 years. After these 28 levels, you reach the category of Buddha or Jesus Christ. In order to reach the afterlife, you must stop desiring everything you see and everything you touch. If you like anything in this world, you get hooked on this desire and you can't go anywhere else, because you love being here so much, you come back here.**

**If you want a better future for yourself, you must stop wishing for the things of this world and try to do everything in your power for others. You are no longer interested in this land with this negative way of life, that is why you must do it for others. Therefore, if we are truly selfish, let's do like 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 live now is like a dream. Good dreams, bad dreams depends on us, on each one. If it's a bad dream it's like a negative, scary movie and when the movie ends you're back to being yourself. What you have seen is not real. Our life is like a movie when you put on the movie all the images come out on the screen. Our soul is like a screen, when the movie ends, what remains on the screen? nothing, zero. The image does not stay on the screen. Then another movie begins, another new story, like this over and over again, millions of times, it's like moving in a circle and we can't get out because we don't understand. It can't be like that, all lives suffering for nothing. I have already understood, that is why 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, so you can be a free soul. Once the soul is freed, the "lord of death" cannot do anything with you. If you don't stop wishing, there is nothing good for us; We are born, we have diseases, a bad life, we die.... everything depends on others. That's why I show you a way, try to learn, leave this flesh and blood self at the end and at the end**

out this body lasts a few years and turns into worms. Everyone turns into worms, it doesn't matter if you are handsome, rich, powerful, millionaire, beggar or poor, it doesn't matter when the time comes the "lord of death" comes and everything you have is over, everything you love is gone. finished, your children, your wife, your family, your wealth.... It's all over. And you start from 0. If one day, as I advise you, you can leave this fantasy self, you will be truly free, you will be able to travel to the universe, be born on any planet, be born again on this earth, live for a few years.... and you will leave the circle of birth - death. Whether you like to die or you don't like it, there comes a time when the "lord of death comes looking for you". It takes you by force or with your will (few want to die of their own free will)

That is why I advise you to open your eyes, everything you see on the screen is not real, it is an image that the screen projects. There is nothing real. Follow my advice and look with the eyes of the soul and you will be able to free yourself from this world and travel through infinity freely, you will not be born or die again because the soul never dies. The soul enters the body and uses it to learn and to do good. But most people only do it for themselves without thinking about others, but it is bad. Because when you die, God is going to ask you: what have you done during your stay on earth? You will only be able to answer: I have only done it for me, for me and for me. That's what most do. If you do like Jesus Christ or Buddha who dedicated his life to others, then you will get out of 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. Don't make any more mistakes. From now on, do for the I of the soul of your conscience, and you will be free for an infinite time. Paradise is a marvel; everything you think in a second becomes reality. If you want a giant house, suddenly a giant house comes out like in your dreams. If you want a house covered with precious stones, with diamonds... everything you wish for comes true. Logically with positive thinking, because there is no negative thinking there. Everyone who reaches this level has positive thinking. It is common to all.

Negative thinking goes to the territory of hell. Hell welcomes people with negative thinking, selfish who only do for themselves without thinking about others. If you want to free yourself, go to paradise for real, all you have to do is have positive thinking, full of kindness towards others. Because the others and we are one. I will give you an example: we are like a cell within a body and that body has millions of cells. We are one cell of those millions of cells that make up that body. We are drops of a universe. We are one, we are not two. We with the universe are one. We with others are one. We with all living beings form one. We and nature are one, not two. If you are capable of understanding this, that we are all one, you can do for others with all your heart because others and

we are one.

Thank you so much.



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## 38.- *HOW TO BECOME IMMORTAL*

Hello. Thank you for listening to me, thank you.. How to become immortal. It's the most important thing. God says that there are more than 84,000 different paths or ways to become immortal. The first and the easiest is through the recitation of a Mantra: that is, repeating the name of God.

For Catholics, repeat the name of Jesus Christ, Our Father or Mary concentrating 24 hours a day. Just think the name of the God we like, and when the time comes for your death, God will come looking for you. This is the easiest way, especially for older people who are in a residence or at home and do nothing. It is the most direct and easiest way to become immortal. If you want to become immortal, just think of the name of God and don't think of anything else.

In Buddhism, "namo Amitufo" is recited. This mantra recites the name of the Buddha. In the Muslim religion, recite in Allah. In this case when you die Allah will come looking for you. It's all within the 84,000 ways to become immortal. But it is no use just repeating the name of God. This is not enough. The most important thing is to think and feel with your heart while you recite. Reciting the name of God and thinking about something else without concentration is useless. You have to recite with your heart. Even if you shout the name of God until you're hoarse, if you don't do it with your heart, it won't work either. The only thing that is useful is to recite and think the name of any God, the one you like, with all your heart and forget all human desire. That is, stop desiring and loving the things and people of this world, God, everything that is seen, what is not seen, what you feel. You have to leave everything with all your heart, but without forcing yourself to leave it. If you force you are not going anywhere.

Like us, when we move from one place to another, we have to drop everything to be able to go. We cannot leave a piece of the body in one place and another piece of the body in another place. If you go from one place to another, you have to take your whole body with you. It means that when you want to be immortal and go to another territory, you must leave the taste for this land, just like when we travel. When we travel we leave our whole family and go to another place. That is why in order 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 don't see. Everything must be left in order to go somewhere else.

When one day you become immortal, you can be born in any solar system and you can return to your origin. Not like now, when we are stuck here in this world. Over and over again, 1 million, 2 million, 100 million years and we're still stuck here and we're not able to get out. The universe is infinite. This earth is in one solar system out of millions of solar systems. According to Buddha, the universe has infinities of solar systems. We, if we want to be free, immortal, we just have to stop wishing. First of all, you have to leave this ME of this body, the one that we identify with a name. This me is for a few years. Some are born and die a few days later. Some die young, others old... in any

moment we can die There is no one to notify us of our death, there is no prior notice. It's always a surprise. Therefore, we do not know when we are going to die. Do not think that because you are young you cannot die and that you have many years left to be old. Nobody knows.

In the cemetery there are many young people, not all of them are old. Think wisely. Take advantage of these few years that we live here, to learn to be free, to be immortal. Like God, Jesus Christ, Mary, Buddha, Allah...

We all must learn from them to become immortal. It is easy to become immortal. In 1 second you can be if you stop desiring the things of this world, so you can be immortal. If a person thinks and recites a mantra for 3 years or even 1 second, he can become free, a god, immortal. It is not a fantasy. In our origin, we are all gods. We are here because we have been confused, we are very confused. We think that this self is immortal, and in reality that body in a moment, dies, rots and everything is over. It does not matter everything we have achieved in this life; wealth, power, love, in 1 second you run out of nothing, is = a 0. That's why this is not the real me. I tell you now: take advantage of this body. The soul is in this body while it is alive. Beyond, in the spiritual world, everything is much more complicated and more terrible than on earth. Try not to get into that negative spiritual world. Demons are not like here. You can spend 1 day like a million years suffering, it's so painful! I advise you to leave the desire and taste for this ME naturally, not forcing yourself. You have to stop wishing naturally, from the heart.

Think what is best for you.

Once you are free, you will be able to travel to all the 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 at most up to 100 years (some a little longer). In the solar system closest to ours, life spans at least 1,000 years. There are systems of 1,000,000 years or 5,000,000 million years. Life in all these solar systems is the same, when one day you die, everything is over.

The only thing we can do is stop desiring this self of this body.

This I is not I, as I have already told you many times. This self is what we have at this moment, we use it. This body moves, speaks, breathes because it has a soul inside. It is like a lamp. If the lamp has no current, it will not light. It's a dead lamp.

This body is like the lamp and the soul like the current. You have to understand this. You cannot be disappointed with the things of this life, in which we lived for a few years. In this life, more bad things happen than good. We know that this is not a paradise. We are like a frog that is at the bottom of a well. We only see the sky that the well lets us see, we are not able to see beyond, nor 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 than gods who are not free like us. In this universe, infinite territory where the free gods want all of us to understand the subject I am talking about now, they want us to become aware in order to become free. My friend, there are few people who can advise you as I am doing now. Anyone who advises you to take any path, if you cannot become free, is invalid. There are many people who talk about many things, but they do not lead anywhere. In order to get out of here, you must leave that self. I do not exist, the one who is here today speaking, in a few years will die, and you will also die and all

we will die and again people will be born again. The self that is born is not the true self. You can neither have nor think about this self, nor see the self of others. Because if there is me and there is another, you are differentiating between you and the other. In order to become immortal, you first have to leave the negative self, the selfish self, and become the self that serves everyone and doesn't differentiate between people. Because we are all one, including animals and all living things. If you can understand this, what I am telling you, you can become free, you can drop that self. This me is a fantasy. In a few years he dies, that is why he takes advantage of that bodily self to become immortal forever. The soul never dies. Believe or not believe in the soul. The soul is in the body and our body moves because it has a soul inside.

I want you to listen to me, please. Being able to get out of here only depends on you. It does not depend on any teacher, or on anyone. No need to go crazy for any teacher. The only one who can save you is yourself. Nobody but you. Nobody can help you to be immortal, nobody can put themselves in your place, everything depends on you.

You are the only one who can do it for you, no one can help you.

Remember well.

Thank you so much.



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### 39.-THE PUNISHMENT

**Hello. Punishment. Consequences. take advantage of others or harm others to take advantage will suffer the consequences. Every act has consequences.**

**People say: if you do evil, God will punish you.**

**But this is not entirely accurate. Anyone who stings, uses, takes advantage of people, hurts people... registers these acts in their conscience. We all have a consciousness within us, similar to a black box on an airplane. Everything is recorded any act, conversation. This is called conscience. What you do wrong, you can hide from the eyes of others, but the problem is that you yourself do not forgive yourself.**

**A lot of people who hurt, can't sleep, are nervous...**

**When anyone does wrong, they create negative energy. The conscience knows that it has done wrong and this causes poor blood circulation. When you hurt people, you hurt yourself because, the brain from which the information is sent to the rest of the organism, gets blocked and begins to have diseases, tumors, cancer, the blood does not circulate well... We don't we can forgive ourselves even if our victim forgives us. Here's the problem: awareness doesn't change anything. You will not forgive yourself. You pay with your health, bad luck, sometimes your negative acts also affect your family, your children start illnesses, accidents, business goes bad, health problems come... everything is ruined... Because when we do wrong, we generate a black, negative energy. This negative energy is bad luck for everyone around you. Because negative attracts negative. It arrives, I assure you, I guarantee that no one escapes. God says so. Of that you can be sure, no one ever escapes. As very often it appears in the newspapers, the police catch bandits, or drug traffickers... when the police catch them, they take out all the money and riches they have accumulated and put them in jail. Get to the end none get to good, boss dies good. Harming neighbors, friends, harming the family, society, the state, the whole world... everything has its consequences, all the glass to pay. You can't sting others. This is the law of the Universe.**

**Nobody will be special. Everyone is going to judge himself and he punishes himself. One day a question: God like you so generous, so good... why do you condemn people to hell to suffer? He answers: No, I'm not. So... was it?**

**who**

**Who has put so many people to hell and why. ? God says: he himself has entered hell. He himself has imposed the punishment for his bad deeds. He himself creates hell to pay for his evil deeds within himself.**

**Hell does not exist. It exists because we create our own hell, we punish ourselves. We ourselves impose the type of penalty and punish ourselves. God does not punish. Remember well. We have a "black box" like airplanes and no one, not even the gods, can take away our consciousness where all our actions are recorded. Life is a dream, just a dream, if you crush people to get rich, when you die, what happens? all that money, that power,**

these properties where? You don't take it to the grave. Neither kings, nor millionaires, nor pharaohs of Egypt, nobody puts the riches to the grave. so forget about taking advantage of people, all this leads nowhere.

When you do wrong, you yourself will shorten your life. It affects your health, you have bad luck. When old age arrives, everything ends badly. I have seen in my life a lot of people who pay dearly, very dearly. There are millionaires who bite people, cheat people, and because of that they have made a lot of money. 5 years later, due to a bad deal and he is left with nothing. One way or another he punishes himself, at night he cannot sleep, affecting blood circulation. Never forget: if they say that God does not exist, it is the same, whether he exists or not, there is nothing to see. You yourself are that god who punishes you when you do wrong. God does not punish. That's why no one escapes. Do not think "I have made a lot of profit by doing damage" now you are fine but tomorrow what will happen? And your sons? and your family? everything affects the family. Never forget, no one escapes, not even the gods, the entire universe, any living being that does harm will have to suffer the consequences. Negative acts create negative energy and I guarantee that when the time comes you will pay for them.

I beg all of you: when we are born we bring nothing and when we die either. The only thing we carry is our conscience. It's like recording a black box on an airplane, consciousness records all the good things and all the bad. Everything is registered in your consciousness. You can't lie to yourself, you know very well what you're doing. If we don't take anything because we hurt people, because we take advantage of others. Because?

Our body depends on air. If the next air doesn't come in, it's all over. A heart attack, blood not circulating... and that's it. Suddenly, in an instant, it was all over. if you have a happy family, a lot of wealth, a good life.... if the next air doesn't come in, here you stay. not here. it comes after death. After death you punish yourself, you condemn yourself to hell. Remember well, I repeat it several times, The gods and Buddha do not lie, they always tell the truth. All actions have their consequences. hurts you must repent with all your soul. Then do good and help people to make up for it. If you only ask God for forgiveness, it doesn't work. The only thing that can work is to repent and not commit the same sins again.

Start doing good by helping others. So you can have health, long life, good luck all this. There is no other way, God cannot help you, the only thing that can help you is yourself. There is no one else but you. Help God if you kill people, surely God won't help you if you keep killing people. do this. That's why 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. Humans punish you and put you in jail and not only that, after you get out of jail, when you die your own hell is waiting for you. Then they will be born as an animal, and once in hell you won't be able to get out for at least 1,000 years. Not 100, 1000. moment of selfishness you pay with a thousand years in hell. the sorrow.

Think about it before doing damage, it's not worth it. Think wisely.

Jesus dies for 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. That's why we always

**we remember them. This is the only thing worthwhile on this journey to earth. A good dream is worth living on this earth. Please help people to make this dream a good dream. we are going to live very well from that, heaven, on earth or in any other corner of the universe. It's very important. Please do good for people, don't do bad to people.**

**Please listen to me, please try to help people, please I beg you. Life is like this: if you want everything right, act with all your heart. opportunity to do good for people. So much is personal interest, it doesn't matter.**

**We don't take anything, we don't take anything: everything is the same.**

**Thank you so much**



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## 40.- VEGETARIAN DIET

**Why should we be vegetarians?**

**The first reason is because we are herbivorous animals, just by looking at our teeth you can see that we have the same type of teeth, like horses, cows, they have the same shape as the teeth we have, that is why they have intestines that are twelve times the size. length of our body. Carnivorous animals like tigers and lions have fangs and their intestines are three times the length of their bodies. When they eat meat, they will evacuate it very quickly, but since our intestine is twelve times the length of our body, when we eat meat, before being evacuated, it is rotten inside. Our body gets part of the proteins, calories and other parts of the meat, the harmful elements.**

**Before, with the "mad cow" problem, even if the meat was cooked, the virus has not died, that is why many people died. We do not know what diseases an animal can have. Some monkeys have AIDS and I didn't have any 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 viruses from animals. 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 we did not realize that what we once ate them, seduced us and did not know how to cure it. If we don't know how to cure cancer, let alone cure animal viruses 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 are lucky you can eat healthy meat, free of viruses, but if you eat meat from a diseased animal, such as chicken, pork, beef or any animal infected with a disease, no one will know because no one tests every animal, it is impossible.**

**If you want to live happily and have a long life, you must stop eating meat, this is the first step. Second, according to Buddhist theory, all living things 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 children of God, which ones are more intelligent than the others. Universe cannot be ruled by the law of the jungle, where the strongest kill the weak, never do that. Like some men who hurt women because they are stronger and many women are killed 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 cannot kill for pleasure or eat for pleasure. It's easy, just think, do you want to be killed? I'm sure the answer is no. Do you like being hurt? No. If they don't want to be killed, no.**

kill others who are weaker than you. If you don't want to be hurt, don't hurt others. You must put yourself in their shoes, be more human and understand others. Do not use the law of the jungle, where the strongest always wins, it will never have a good ending.

According to Buddhists, each person who harms others will be an animal in his next life, who will be born as an animal.

All debts must be paid. Every person who has harmed others must pay for it, this is the law of the Universe, everyone must pay.

If you don't want this, don't do it. Take care of every person around you, whether they know you or not, help them and it's the same with animals. They don't hurt others and they don't eat meat. If you want to have a happy life and good health, don't eat meat. If you want to eat meat, remember that you will have to pay for it, not only with your health, but also with the laws of the Universe, which will have to pay for it.

Thank you so much.



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## **SECOND PART SHORT TEXTS**

### *1.- THE CIRCULATION OF THE BLOOD*

**Life depends on blood circulation. If the blood does not circulate well, we die. If it doesn't circulate through the heart, we can have a heart attack and die. If it doesn't circulate through the brain, we can have a stroke and death. Health depends on blood circulation.**

**In order to have good blood circulation you should practice yoga. Thanks to yoga and with your mind, you can make your blood circulation and therefore you will not have any cyst or cancer.**

**I have been practicing yoga for over forty years and in forty years I have never had to go to the hospital or have had any surgery of any kind. I have never been sick and I have never felt pain.**

**So if you want to have good health, you must do something for yourself. It doesn't matter if you are rich, powerful and happy, if you want to live well and have a longer life, you must practice yoga, there is no other way. Taking pills, which are chemical, is not good, the more you take, the more your health will be damaged.**



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### *2.- ASPECT*

**The way of thinking can change our appearance. If we think negatively, it will affect our appearance and become negative. When we are angry, we look angry, we can see it, and when we are sad, we have a sad look. If you want to look good, you must always think positively. If everything is positive: your appearance will be positive, your life will be positive, your health will be positive, your future will be positive, your family will be positive.**

It all depends on your energy and your way of thinking. If a woman wants to look beautiful, in order to be beautiful, to be kind and nice and to be successful in her life, first of all, she must have positive thinking. Having a positive thought will make your life and everything around you positive. If you think negatively, your whole life, everything around you, your future and your desires will be negative. Now you know, if you want to be happy and make your wishes come true, you just have to think positively. Anyone who does or speaks ill of you, do not let it affect you, as it will make you think negatively and it will be bad for ourselves. For our own good, we must not worry about the situation or the environment, do not let it affect our state of mind or our way of thinking. It's always okay to be positive for ourselves. I wish everyone's happiness. If you want to be happy, please listen to me, try to be positive with your actions and thoughts, this is the only thing that will be good for you. All negative acts, such as murder, harming other people, revenge with or without reason, mistreating people, or harming family, friends, society, or the state are negative acts.



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### ***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 he has to do is give money to the poor and help the needy. By helping other people to be very happy, you will have a feeling of happiness. This will improve your health, your fortune and help you make the right decisions. This is one thing. The second thing, I am going to explain a story of Buddha: Once a beggar offered Buddha a bowl of rice. All he had was this bowl of rice. The beggar said to Buddha, "Buddha, this is all I have and I would like to give it to you, even if I don't eat today, it is not a problem for me. I like to offer Buddha all I have." Buddha said to him: "Come with me, I have something to show" They went together to a well and Buddha said to him: "look into it well". The beggar could see the image of a millionaire who lives in a huge house full of servants, and full of comforts. The beggar asked Buddha: "Who is this?" And Buddha replied: "Is it you" "Me?"

"Yes, in your next life you will be this millionaire because today you offered me a bowl of rice, all you had, and that is the reward for your kindness."

A millionaire who was listening to the conversation said to 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 bowl of rice, and in his next life, he is going to be a millionaire, I am going to be a king later." Buddha told him: "Come with me, I will show you, look at the good" The millionaire saw an ox that was working the land, scaring away the flies with its tail. The millionaire asked Buddha:

"What is this?" And Buddha replied: "you", "Me?", "Yes, all the money you have you have got at the expense of the poor, so you have become rich. This will be your punishment. You will have to work millions of years and born as an ox to return all that you took from the poor and because today you gave me a car full of rice, this ox has a tail. It does not depend on the amount, it depends on your heart ".

One euro from a beggar is the same as one million from a millionaire.

If you want to become a millionaire, give as much as you can 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 your donations to those in need will be multiplied by a hundred or a million times as a reward. The only way to escape poverty is by helping other people who are poorer than you, helping them as much as you can. Buddha says that then he will have his reward and Buddha never lies, Buddha always keeps his promises. Three thousand years have passed since Buddha's death, and everything he said has stood to this day.



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### *4.- THE WIFE*

Kill and kill. We are all children of God. Under no circumstances can we kill each other, humans, animals or any living thing. The one who murders must pay a million times with his life to the one who has been murdered, according to the laws of God. Under no circumstances or reason, or under the name of God or any other name, one must not kill, one cannot kill. This is unforgivable in human laws and God's laws. Animals and human beings cannot be killed. We eat animals that are weaker than us. Because we eat meat, people are killing animals for us. If they don't eat meat, no one will kill the animals. Live and let live. Remember that killing any living being, directly or indirectly, will pay for their sins, all of them, including the fetus, that the heart is beating. Every living being has the right to live, the same as you or me, like everyone else. That is why we cannot kill, no matter the reason, the name, under any name of any God, we cannot kill. Remember that everyone you kill, directly or indirectly will go to hell when they die and they will go through a mountain of leaves. The soul does not die, but it can suffer the pain of going through a mountain of leaves and die slowly. Once dead, he will rise and die over and over again for a thousand years for every life he has taken. There is no forgiveness, God's laws are worse than human laws. The other life is more complicated and hard than this life, with the demons, much more complicated. Don't think it has to be seen to be believed.



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### **5.- NATURAL DISASTERS**

**We think that natural disasters have nothing to do with us but in reality, we are the ones that cause these disasters.**

**It is not the fault of nature, the only ones that are the fault of human beings.**

**First of all, it is due to our thoughts. People are becoming more selfish and more people are having bad thoughts.**

**This negative energy affects 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 floods, typhoons, earthquakes... We are causing everything. Why does this cause us? Because they have not understood that we are part of nature, we are a whole and they do not want to accept this fact. Nature, the universe and us are one, not two.**

**If we realize that everything is part of us, it will not hurt nature or the universe anymore. We need to know that to avoid natural disasters. We are the only ones who can solve it. We have harmed nature and now nature is against us, but it's not nature's fault or natural disasters' fault, it's just our fault. We have to cause this with pollution and industries that only see their own interests. We are not caring about people, environment or nature, that is why we are suffering from these problems that are getting worse day by day. In order to save our planet, to save nature and to save ourselves, we must think we are part of nature.**

**For example, our body has a liver, kidneys, heart...they are part of our body. Our stomach, our heart, kidneys, intestines, a hand or a toe cannot be harmed, since 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, our kidneys, we are always trying to take care of ourselves. If you have any health problem you should go to the 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 you will not have so many natural disasters. It all depends on ourselves.**



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## 6.- RICH MAN AND POOR MAN

**Why the poor? According to Buddhist theory, all the Pooors were greedy and selfish in their past lives, everything was for them and they never helped others, that's why in this life they are poor.**

**Rich people, in their past lives were generous to the poor and helped those in need, so that in this life, they are rich, they are millionaires. If you are poor now, how can you improve your finances? A poor person does not have much money, but at least he has pennies. A hundred from a poor man has the same value as a million from a millionaire. When a poor person gives you a penny, it has the same value as a certain million and a millionaire. In Buddha's eyes, 1 penny and 1 million are the same, it just depends on whether you help others from your heart. If you want to be rich, you must help people who are poorer than you as much as you can.**

**People because they have helped you so little by little, when you are old, you get rich and the people who will help you, your positive energy will be strengthened and all the positive energy of the people who have helped you will help you because you are a good person and good people will help you.**

**Nobody helps a bad person, nobody helps a selfish person, nobody, because if you are selfish, you never thank anybody and therefore nobody will help you. If you want help, you have a chance to be a good person and then everyone will help you.**

**Before, I had a friend who was very poor. He used to sit in front of his house to sunbathe. A traveler passed his door.**

**It was summer, it was very hot and the traveler was thirsty.**

**The poor man said to the traveler: "Come to my house, sit down, refresh yourself and have tea, you can continue your journey afterwards".**

**The traveler said: "You are a good person, you do not know me and you invited me to your house for tea, rest and you have turned on the fan to cool me down, you are a good person. What are you doing now?" My friend said: "Nothing" And he replied: "Why?"**

**The poor said: "Because I have no money and I have just studied a little and I have not found anything"**

**The traveler then said: "I see that you are a good person. I will help you. I am making blankets. I will give blankets and sell them to you and give me the money. I trust you because you are a good one." person The traveler did it and now my friend is**

**a billionaire just for helping a traveler get some rest. If you want to have a good future, you must help people without asking for anything in return.**

**If a powerful millionaire is mistreating people, he is selfish, he never helps others, he just wants to enjoy his life with the parties and only spends money on himself and his family and no one else, this person who is enjoying from the luck of his previous life, this luck will end very quickly. The vast majority of millionaires when they are old age, end up sick and poor and no one cares about them. So many matches and money spent for friends who don't care about them when they are poor.**

**When you have money and you want to have more money, have good health, good luck and a long life, all you have to do is help the poor and then you will always be rich, always powerful, you will have a long life and have a good health, because when**

**you do that, we're going to create positive energy and God will help you, believe it or not, God will help you.**



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### **7.- CONFLICTS**

**We must forgive anyone who hurts us. According to Buddhist theory, in addition to forgiving we have to give thanks. You must not hold a grudge and you must forget the evil that another person does to you, because when you keep all this within you you only hurt yourself. Even if you are absolutely right, with revenge and rancor you only manage to hurt yourself. You cannot live in peace, you cannot live calmly, you always think negatively and this affects your health and you cannot have quality of life.**

**According to Buddhist theory, every person who hurts us is because in a past life you hurt them. So in this life she pays you back for the wrong you did to her. If you forgive him, the debt will be settled, you will be at peace.**

**If a person in this life hurts you, and you hurt him in the next life, then the other person in another life hurts you again and you hurt him in the next life.... and so on, this cycle never ends, never ends.**

**If a person hurts you, don't worry, he will punish himself, his conscience will punish him. Perhaps in front of others he does not want to admit it, but inside, when he is sleeping, when he is alone, he will slowly punish himself. God does not need to punish. Everyone has their own conscience and if someone hurts, he punishes himself much more than if you take revenge. It is punished much slower, more harshly than your own revenge. That is why there is no need to hold a grudge or take revenge. If a person hurts you, take it as if you were examining yourself, as if you were passing an exam. If you are able to pass this exam then you level up. Therefore, you must remember that you do not have to hold a grudge against people who hurt you. If you keep it, you will have many problems: nerves, stress, poor circulation... thus affecting your life, you will age faster, you will always be sick, and nothing will go well in your life because your thinking is totally negative.**

**You will never raise your head. To be well all you have to do is forgive. Forgive as if you were forgiving yourself. You have to forgive to live in peace and calm, because revenge only brings revenge and more revenge and more revenge.... so you can not live well.**

**If you want to live well, try to forgive, it is the only solution, there is no other. Don't worry, God and his conscience will punish him for you. Surely he will fulfill his punishment in full, God and he himself will take revenge for you.**

You don't need to do it. Don't hold a grudge. Try to live well.  
This is the Buddhist theory of conflicts.



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### **8.- SMOKING**

Cigarette smoking kills slowly. Each cigarette is in 5 minutes of your life. Every package says: smoking seriously hurts, smoking kills, smoking causes lung cancer and all smokers, read this and don't care. Some get scared and try to get out of this vice. Earlier, one of my yoga students tried to quit smoking. It could be stopped for a year but it was resisting. A year later, I couldn't take it anymore. Before I quit I smoked a pack a day and after that year, I smoked 3 packs a day. Before long, he was back that year smoke-free. That's why to quit smoking, you don't have to force yourself, because it won't work and you'll never be able to quit. To quit smoking forever, you have to convince yourself and yourself. If you don't convince yourself, never quit, ever. Convince yourself if you want to live longer, have good health, have a longer life. You must quit smoking if you want to be in good health and not suffer from lung cancer. For all these reasons you have to convince yourself. Sometimes it is possible to quit smoking with hypnosis. When you are hypnotized, you can see your lungs full of nicotine, so dirty and disgusting. One way to quit smoking is to look disgusting at your lungs. The best and only way is to convince yourself that it is just a whim, that it is not a necessity. Imagine that you have a good family, a good business / job, to live quietly with your children and very comfortable and in your best part of your life, dying from tobacco. Wouldn't that be a shame? If you were young, poor and have nothing, maybe you think that's okay, because you have nothing to lose, but that usually comes when you're close to 50 years of age. People start dying in the best part of their lives, when everything is resolved, everything is perfect. You love your wife, your children and everything is perfect, but every time you take a cigarette and smoke it, you are taking away 5 minutes of your life. If you want to live to be 80, it's a shame you might die at 50 or 60 when all of life is worked out. For your own good, for your family, your children, think and convince yourself to quit smoking.



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## 9.- ALCOHOL

The consumption of alcohol 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 consuming alcohol, how many people have died in car accidents? And As a result, many families have lost their father, mother or their children, due to alcohol.

Buddha does not say to drink alcohol. Remember that alcohol only causes misfortune, it does not bring good things, only misfortune to your family, to you, to society and to many others. That is why you should not drink alcohol. If you start drinking and become an alcoholic, how are you going to overcome your addiction to alcohol? You will destroy your life, your future will be dark, there will be nothing, no one will be next to a drunk. Do not drink alcohol, if you wish, you can drink a little. Alcoholism is bad for you, for your family, for society, for the State, for everyone. When you're drunk you can kill another person, or do anything outrageous. Remember that you should not drink alcohol, it is prohibited by the laws of the Buddhists, do not drink. If you want to live happily with your family, don't drink alcohol because it affects others. Do not drink.



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## 10.- WAR

War only brings misfortune. In World War II, a hundred people died, 500 billion dollars was spent, and in the Vietnam War, 18 billion dollars was spent. Imagine all the money lost. If that money had been invested in third countries to improve their quality of life and stop poverty, the world would have been a paradise. So many wars and deaths, what is the positive for us? Nothing, everything is negative.

In order to avoid a war, all countries must respect each other. Because? Because we are all one, all countries are one and form a whole. With a war, all the countries involved will have deaths, a lot of money will flow, people will die, they will become poorer and the destruction will be total. Nothing will be good, everything will be bad. People have to know that death only brings misfortune. Killing babies, causing fetal death or animal death only brings destruction to our planet, nothing good. We must learn to be kind, warm-hearted and forgiving to the whole world or each country. Don't try to make war, there will be deaths on both sides, this is the only thing you will get out of war. We must know that all human beings are one, and the universe is one, and nature is one. If we do not believe that we are one and everyone only thinks of themselves, that now we see the results, we are destroying nature and the environment is also affecting us

environment with global warming and also the number of natural disasters are increasing. This is happening because we are not aware that we are all one. Remember, all this must be done sincerely to turn Earth into paradise. All we have to do is help each other, because we are one. If a country is in trouble it can affect us. Like AIDS, the problem started in Africa and affected the rest of the world, so we must help any country that is in trouble with all our hearts. If we don't help them immediately, it will affect us and also the rest of the world. We are one, we and the universe are one, one country and another are one, we are one, not two. We must not be selfish, otherwise it will not work. If we all work together, everything will be fine. War brings nothing good.

For example, in World War II, Hitler tried to unify all the European countries by force, by making war. Could it achieve its purpose? No. Japanese tried with the war to dominate the Asian countries, could they achieve it? No. Before, the Romans tried to dominate all of Europe, could they succeed? No. Why not? Because by force and negative ideas you can't achieve anything, in the end, you will be a failure. Many innocent people die, the cost of war is very high and the whole world is harmed, that is why there is no reason. we can wage war, we are not one, the fight should not take place between family members or brothers, it is prohibited. God says it is forbidden, no matter the the can't 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. The leaders are servants of the people, they are not the heads of the people, they must be humble servants of the people.

Everything that is good for the people should be done. They should not spend a cent on something that is not beneficial to people. Everything should be done kindly, no matter the political party. What matters is that each political party must do, and I believe that the best for the people. No matter the political point of view, the most important is to do what is best for the people and not make war.

Now all wars are bad, they only bring death, they can cause destruction to the whole world. This should be avoided as they are one. This is war and peace. If you want to live well, respect and take care of nature, taking care of animals and people, and they will take care of us, so that we can create a paradise on Earth. Some leaders and people are destroying the planet. In order 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 will live in paradise. Thank you.



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## 11.-SUICIDE

Every day there are many people who commit suicide. People who commit suicide think that once dead everything is solved. Well, you are wrong, they are very wrong.

As Buddha's scriptures make it very clear, anyone who commits suicide for what reason, if this person had

to live 80 years and commits suicide at 30, stops living 50 years. He himself has taken his own life. According to the scriptures of Buddha, that person every 7 days his soul commits suicide again. how much pain! How much anguish! All this fraud has to happen every 7 days.

If a person commits suicide by drinking a toxic liquid, every 7 days they will have to drink that toxic liquid again. If that person hangs himself with a rope, every 7 days he will have to hang himself from a rope.... this for the rest of his life. Imagine, if a person jumps from very high, they will have to jump from the top again every 7 days. Before dying, imagine the pain that is passed! After committing suicide, the soul goes to hell and is punished between 100 and 500 years there. Then he is born as an animal for many years. All this people do not know and wonder: is there reincarnation? Sure. Because? ask any hypnosis teacher, consult any book, Hypnosis has nothing to do with Buddhism, but justifies that we all have a past, a present and a future in life. That life does not end in this life, that is why suicide complicates existence. It doesn't solve anything. Any serious problem you have, it's like midnight, everything is dark, but after night what happens? little by little the sun rises, little by little things improve. That's why when you have problems, hold on as long as you can because little by little the sun will rise and everything will be solved. When a person is very lucky, they should not be happy because after the midday sun comes sunset and night, darkness.

Every person in life has bad moments, but you should not be sad because the sun will rise soon. When the full sun rises, you must not be happy because darkness is soon to come. This is life.

So whatever problem you may have, don't try to kill yourself.

When someone commits suicide, what awaits them in the afterlife is an infinite time of anguish, punishment and suffering. Not worth it. If suicide solved everything, then everyone would commit suicide and everyone would be happy and we would be like angels and saints afterwards.

NO! If you commit suicide or kill someone, you will have your punishment.



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## 12.- ENVIRONMENT.

Hello. So that the environment does not affect us, we must learn to move our environment: we move the environment. This is what it is about to be able to live in harmony. Don't let any situation affect you.

We must move our environment with love, giving thanks to everyone and thus have a life with much love. This is what Buddha says. If you thank everyone you can have a healthy life with lots of love.

This is what Buddha says. You have to thank all the people with a lot of love and so you can live very well. No matter the situation, you have to live in harmony, giving thanks to everyone and everything.

If there are people who hurt you, who insult you... you shouldn't get angry, you have to accept everything that comes. Like Buddha. Accept everything that comes, don't hold grudges and say thank you. People ask: why do we have to thank someone who wants to hurt us?

Well, it's like passing a test. That's why you have to give thanks with your heart, with your thoughts, to that person who hurts you. You should not get angry or hold a grudge. If you do this, you are wrong, you are very wrong.

We must learn like Buddha: If any situation, we accept it with all our heart, we will live with good health, long life, with many friends, with a good future....

The Buddha's scriptures said: "Every day is a good day, every hour is a good hour, every person is a good person, everything is a good thing, any matter is a good matter...." If you can be like that, you will live very well. Learn about the advantages of Buddhism. Anyone who wants to provoke you, don't listen to them or protest, that's how they hit the void. If someone wants to hurt you and you get up and start fighting, it will never end. If someone tells you something you don't like, ignore them. As long as you don't listen, he won't be able to do anything. What he wants is to provoke you. If you don't let him provoke you, you'll never have a fight. This person has to feel sorry for you because they don't know and that's why they try to hurt you. But the damage is done to himself. There is nothing good for him.

We have to learn that nothing affects our thinking or our mood. So we can live well.

Do it like this in your daily life, in your everyday life.

This is the way of thinking to live happily, with good health, a good future and a long life.

Thank you so much.



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## **THIRD PART. YOGA THEORY AND PRACTICE**

### *THEORY OF YOGA*

**Yoga, for yoga to work, try to help people, life is short, if you help people you can have a good future and a long life, good health and all the wishes you can fulfill. But before this you must do for others. If you only ask God and do not do for others, this desire cannot come. First, help the poor with your actions, help people in need, buy medicines for people who don't have money to buy them, so they can extend life, improve health, because when we do this we feel good and very happy and we have a very positive energy within us after doing good cacti for others. This joyful feeling can help you improve your health and extend your life. That is why you must understand to realize your dreams.**

**The only one who can help you is yourself.**

**Thank you so much.**



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## *YOGA TO HAVE HEALTH AND LONG LIFE.*

I am going to teach you how through yoga and meditation you can have health and a long life.

If someone listens to what I am going to say now, it is because they are very lucky, it is a historical lesson. It's not fantasy. I have been practicing this technique for a long time, 40 years ago. In these 40 years I have never gotten sick. I don't know what pain is, I don't know what a disease is. This technique invented by me, mixed with TAO theory. Like any person, I can get sick and have a fever, flu... but through yoga and meditation, I heal myself.

The medicines that you buy at the pharmacy are pure chemistry, they are used to cure illnesses, but one thing cures you and another damages you. One thing heals you and another annoys you.

And then the whole organism is bad. You have to realize. You just have to activate your body's defenses. Because God made our body wonderful, but we don't know how to use it.

You are very lucky to hear my words.

I begin to teach you: to begin with, sit this way as I do, with your legs crossed, it is yoga at the highest level. Any way of sitting or lying down, walking, in bed, in a chair... is good, because yoga meditation is from the mind, not from the way you sit. The important thing is that you are comfortable and pleasant, sit with your spine straight and your hands together and resting on your legs. There are people who put them apart and resting each one on the knees, but if your hands can communicate better. But if you like it another way, no problem. You must feel comfortable. Whatever you like. The position has to be natural and comfortable, not be distracted to maintain the correct position. For example, when you join the index finger and thumb, as many people like, the mind has to be aware of not separating the fingers, or with the palms,... and the mind is distracted by maintaining the proper posture. The most natural position is as I tell you, so you don't have to make an effort to join your fingers or palms... Eyes closed, tongue on top of the palate without forcing and closing your mouth. They breathe through their nose, not their mouth. Breathing has to be fine and slow, about 30 seconds to enter and 30 seconds. To go out. When you are relaxed you will not notice that you are breathing, you will be more relaxed. When the breath is strong, it is not good for health. The more nervous you are, the more you need to breathe hard...

To learn the technique of yoga there are three important things you must:

### **1.- THE BREATH.**

First you have to learn to breathe. When the air enters you have to swell up like a balloon. When you inflate a balloon the balloon gets bigger and when you take the air out the balloon deflates. it's what you got

to do. The air has to reach below your navel. Like singers who can sing for a minute without breathing. They enter the air until below the navel. We generally breathe up to the lungs, so we get tired quickly, you have to breathe down to below the navel. Like athletes, who can run many kilometers without getting tired, because they use this breathing technique; they enter the air to the bottom, taking it out soft and entering it soft. That is what you have to learn and practice until it becomes a habit and you breathe like this 24 hours a day.

Remember well, not only doing yoga do you have to breathe like this, you have to get used to breathing like this 24 hours a day even when you are sleeping. The health of the body mostly depends on the circulation of the blood. The blood needs oxygen, and without oxygen it does not circulate well. When the blood reaches the heart, it needs oxygen to purify it, returning it to the rest of the body clean. The heart purifies the blood and makes it clean for the rest of the body with oxygen. If there is little oxygen, the blood circulates poorly, if the blood does not circulate clean every two by three you are going to get sick and you are going to have big or small illnesses. The blood reaches all veins, large or small. If the blood does not pass through the small veins, it stays at that point. And over time it turns into a lump that can turn into cancer or another problem. Because the blood has clogged at one point. And therein lies the problem.

To do yoga you have to focus on:

If you are a man or a woman who does not want to have children, the point of concentration should be three fingers below the navel. In the center of the body.

If you are a woman and want to have children, you must concentrate your mind three fingers above the navel. In the center of the body.

Think about that site.

Remember well: breathing must be long until below the navel 24 hours a day. If the breath is long, life is long, if the breath is short, life is short.

Because? Because if you breathe short, not enough oxygen reaches the blood and your body breaks down sooner. If a lot of oxygen arrives, your body is active, healthy and well. Oxygen is life, if there is no oxygen it is like a dead person: what is dead? It is that he does not breathe, that air does not enter, that oxygen does not enter, that is why he is dead. If less oxygen enters your body, the shorter life.

## 2.- THE FOOD.

Each kind of animal has different diseases. For example, humans have cancer and cancer comes from blood circulation.

Many diseases that humans have come from animal meat. When we eat their meat we become contaminated with their diseases. AIDS comes from the monkey. The monkey has always been a carrier of the AIDS virus and they have no problems and can live in peace. Like us who can have the flu and nothing happens. We always carry viruses and nothing happens. The problem is that we don't have defenses against the diseases of other kinds of animals, that's why AIDS has another effect on us.

All animals have their diseases. As in Asia, wild birds are carriers of virus diseases, and people who have eaten these birds have become ill, have caught the virus from

these birds. The most serious thing is that it is spread through the air, just by breathing you already get it and you die. Everyone needs to breathe and it is not possible to carry an oxygen bottle 24 hours a day to breathe uncontaminated air.

Therefore, we should not mess with animals. We don't know what kind of diseases animals can carry. There are viruses that even if you cook them, they don't die.

Just like a few years ago with the mad cows, they had diseases and people ate their meat and died. This is very dangerous. Try not to eat meat for your health and for your life.

There is no remedy. Nothing in this world is free. If you want health and long life, some whim you have to leave, there is no remedy, everything has its price. Now and every day there are more vegetarians, not only for religious convictions but also for health. Some religions try to make people understand that every living being wants to live, for example such a tiny ant, try to kill it and you will see how it runs away, it does not want to die. And as we say, live and let live. Try not to bother others, if they don't hurt you, don't hurt them. If the animals don't want to kill you, don't kill the animals.

Don't do what you don't want them to do to you. That's what religion says.

It's like a human principle: we are animals, more intelligent than others but we are still animals. We descended from the monkey, and by evolution we have become what we are now. That's why the monkey's genes are 80% or 90% like humans. Our origin comes from monkeys. We are animals only that we are more intelligent and we should not take advantage of our intelligence to hurt others, to kill the weakest. It's not fair!

Just like men who are stronger than women and when there is a problem, they kill their wife, girlfriend or friend. In Spain in 2011 they have killed more than 50 women. The strongest take advantage of the weakest. It's not fair.

Everyone is equal before the gods.

It is not fair that man kills 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 if they are weaker. We have to be compassionate with animals and even more so with women, who, although they are weaker than men, have the same nature as men, they are equal to men, they are not inferior, they are in the same category. Make no mistake.

Try not to eat canned food with preservatives, eat natural food the more natural the better.

### 3. THE THOUGHT.

The doctors certify it. There are people who commit suicide, who jump from a skyscraper and before reaching the ground these people die. Because? because he thinks "now I'm going to hit the ground and I'm going to be like mush" with this shock before hitting the ground this person is already dead. Just by thought. Thought can do us good or bad. That's why try not to have or keep negative thoughts, not to hold grudges for what others do to us, not to keep the garbage that people throw at you. If you keep negative thoughts inside you only hurt yourself,

Because if you hold a grudge, anguish, nerves, sadness... within you it affects your blood circulation. All doctors know it. Because the brain is connected to the rest of the body through nerves that go to the spine, which is made up of "bone rings" that communicate with the rest of the body. When you have nerves or negative thoughts, it affects the whole organism. Because communication and food is blocked and does not reach the rest of the body and then you get sick. You should not have any negative thoughts even if you are absolutely right, even if you are the victim. You always have to think positive.

You have to have compassion for those people who hurt, because it is the family, school, society that has not taught them well. All the people who do harm, sooner or later, are going to pay dearly, before society, before the law, with their lives. Everything is going to go wrong, his life will be fatal. Everyone wants the best for him. And these people are wrong, because they think that doing harm, taking advantage of others and cheating is good for them. No, it's not like that. It is that he has not understood that by hurting others he only hurts himself. You can fool others but not yourself. You know that you are deceiving others, and at the moment the others do not realize it, but sooner or later they will realize it and when that happens, you will begin to pay dearly for the damage you have done. If you give 1 good thing to people, people give you 10 or 100 back. If you do 1 damage to people, people pay you back 10 or 100 times the damage you have done to them for revenge. That's why the numbers don't come out.

Think carefully before hurting people. In order to have a good future, you must be positive and help people with a good heart and people give you back with a heart. If you cheat or hurt people will not approach you.

Try to help and do for others. And this positive attitude will generate positive energy and you will have a long life.

To have good thoughts, every day you have to do something positive for others. At least one thing. To people you don't know.

Because? As religion says, if you do good for others, God will help you. If you help people you will feel good inside, you will feel a pleasant energy. You will be very happy and happy. This positive energy, being satisfied by your actions, greatly benefits your health, to have a long life and that your future is bright. Because you have a positive energy and it shows on your face. So everyone wants to get closer to you. If you put on a demon face, who wants to get close to you? Nobody.

So if you are positive, it is like a radio that has different channels, if you want to listen positive, everything will be positive, if you connect a negative channel, everything around you will be negative. Each channel has a different wave, it depends on the channel you want to tune to.

So you know what I mean?

Now I teach you how to heal yourself.

First you have to put all thoughts out of your mind. 2 trillion thoughts pass through our brain every second.

We don't even realize it. And how to eliminate or drive away these thoughts?

Through a mantra. If you are Catholic you can recite the Our Father or Jesus Christ or Mary. Don't stop repeating that name inside you. Your thought must be concentrated on a name of God.

**If you don't believe in God; when you breathe in and think 1, when you breathe in again think 2 and so on up to 10.**

**If you make a mistake, nothing happens, you have to concentrate until you get to 10 without making a mistake. If you have concentrated well, you stop thinking about the name of God or the numbers you are counting.**

**Then you must concentrate on the place where you have the disease; bone, intestine, anywhere in the body where you feel pain.**

**Think about that site. After relaxing, you should concentrate on the place where you have the problem and order your body to help heal that place. With strong thought, with all the desire, call your body to heal that place: "heal, heal"**

**As if you were in a community, we call all the neighbors to help us. If another neighbor has problems another day, the whole community will help.**

**The organism only receives your orders, you must order with your firm mind that this site be cured: "cure, cure, cure, and cure." In a few days you will feel better, because that is your wish. Thought can help or hurt your body. It's like a double-edged knife.**

**If you think that you are going to have problems in one place of your body, I guarantee that in a short time you will have problems in that place.**

**One day a doctor told me that every day he received a pensioner lady in his office, every day he complained about a different place. He wouldn't stop complaining. One day, the doctor gave her a bottle of pills saying: "Look Madam, these pills are miraculous, take 1 every day and you will see that little by little you feel better. All health problems will go away. You trust me? The Lady answers: Yes.**

**After three months the lady returns to the consultation. The doctor asks: how has it been? And the lady answers: super good doctor, with those miraculous pills everything has been cured. I don't have anything. THE lady has nothing, everything is in her mind. She thinks she's old and that's why she has to have problems.**

**The pills were nothing, but the lady trusts the doctor and the pills and she is cured. The whole problem was in his thinking.**

**A doctor can help you 30% in curing your disease, the remaining 70% depends on you. Think wisely. It all depends on you on your thinking.**

**I have a yoga room in Barcelona. I have been doing yoga classes for more than 10 years, it is free.**

**I never charge for this yoga practice. Anyone in your life has to make important decisions. And for all decisions you have to be relaxed, to achieve it you must first do yoga and when you are relaxed, you give yourself the perfect solution to your problems. Because if a person is very nervous, they cannot make a good decision. To make a good decision you have to be relaxed and without nerves. So this can help you a lot in your life. Life depends on whether you make the right decisions or not. If you make the right decisions your life will be wonderful. Is it so?**

**That's why always try to help people so that everyone supports you and you will have a perfect path. Do not try to crush and take advantage of people, because this will bring negative consequences for your life.**

**Not worth it. Your positive thoughts and actions will help you to have a healthy and long life, a good future and a good family. You have to do everything with a heart of gold and kindness, surely everyone will return to you with a heart of gold and kindness. So your life will be fantastic. If you put a positive face in front of the mirror, the mirror makes you positive. Remember**

well, if you're having trouble on one site, focus on that site. When you do yoga, disconnect everything; mobile, telephone, radio, TV... There should be no draft.

Every day, any time, anywhere: everything is good. If you do this, you will achieve what I have achieved, in 40 years I have not had any type of disease. If you are not healthy, you have nothing. If you have a perfect family, a perfect job, you are a millionaire....

But you have no health, you are more dead than alive in bed, you cannot enjoy all this, you cannot enjoy anything.

That's why in life, the first thing is health. If you don't have health, there is no love, no money or anything at all, because you are more dead than alive.

Listen and practice. If you have any questions, you can contact me via Skype and I will answer you.

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 is wrong. One helps another. If you help the other helps you. And everything will be fantastic.

Well, after doing yoga, breathe out three times, as much air as you can. When you're done, rub your hands all over your body to return to normal.

This technique is 100% effective. Because I myself have tried this technique for 40 years and it works. On top of that, it's free, what more can you ask for?

Good luck. And may everyone be happy. Thank you so much.



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## YOGA PRACTICE

There are three postures for the practice of yoga.

This is the first position. If you can't do it, you can extend your legs like this.

It just depends on what is most comfortable for you. Put your hands with the thumbs together. Keep your back straight but comfortable. Put your chin down a bit. Close your mouth, eyes and place your tongue on the back of your palate. Before you begin, exhale three times to get as much air out as possible. I will explain how to breathe correctly. The air should be inhaled gently and slowly.

When inhaling, you may find that the inhalation and exhalation feel uncomfortable because you are not used to breathing this way.  
manner.

This is the first problem you may encounter, that the inhalation and exhalation are not even. The second problem you may encounter is that noise can be made when you breathe in and out. The third problem you may encounter is that it is fine, but the inhalation of the exhalation is a kind of blockage. As you inhale, breathe deeply into your lower abdomen and as air enters, swell up.

Exhale.

Inhale.

Don't just inhale as far as your lungs, which is incorrect.

The longer you inhale, the longer your life will be.

The shorter you inhale, the shorter your life will be.

Not inhaling just up to your lungs is incorrect.

The longer you inhale, the longer your life will be.

The shorter you inhale, the shorter your life will be.

Your blood needs a lot of oxygen to be cleaned.

Normally, people only breathe as far as their lungs, and in this case, only a small amount of oxygen is supplied.

Due to this lack of oxygen, they have poor blood circulation and this causes diseases and a lack of defenses.

Try to concentrate your blood here in your belly, 24 hours if possible.

Always try to breathe deeply into the lower abdomen, exhale very slowly. Gentle this is the correct way to breathe. When exhalation should take 30 seconds each, you start doing yoga and you sit down, your mind is filled with thoughts, probably this is the first problem you may have. The second problem, when you have fewer thoughts, you will start to feel sleepy.

The third problem you may encounter after overcoming the first and second problems is boredom. The fourth problem, you remain relaxed and do not advance in yoga. Every second, we have twelve million thoughts that cross our minds, in that case, you must concentrate all in one. The way to do it is to count from 1 to 10.

Inhale and number 1, inhale again and count from 2 and up to 10.

Sometimes if you forget which number was next, you should start again from 1 to 10. When one more practice and once

who are able to count from 1 to 10 without making any mistakes, they can advance to the second level. At the second level you can think about how to inhale and exhale. Little by little you will feel that life is fragile, it only depends on a threat of air to live.

This is the second level. If you think that counting from 1 to 10 is difficult, try substituting the numbers for the mantras. For example, Jesus, Mary or God, or a Buddhist mantra "Amitufo". Take the mantra that you like best.

Try to focus all your thoughts on one.

When you can master this, to concentrate all your thoughts on one, eliminate this single thought or mantra, and then you're going to be at the higher level of yoga.

Thanks to yoga all diseases can be cured.

We are the ones who damage our health, therefore, we can only heal ourselves. Doctors can only cure 30% of us, the remaining 70% depends on us, they can only cure ourselves, they depend on our state of mind, our thoughts.

For that reason, all health diseases depend on us. That is the reason why yoga exists.

Scientists have proven that you can have a sense of well-being with yoga. You can get better and cure stress and feeling of nervousness, all physical and mental problems, but yoga should be practiced at least once a day, two or three times would be better. Take your time in the morning, in the afternoon and at night. In the morning after waking up, in the afternoon and at night before going to sleep. Take your time, 10, 20 or 30 minutes, depending on your free time. God and doctors cannot give you good health, you must understand that you are the only one who can give your body good health. This is important, when practicing yoga, it must be done in a ventilated place, but without draft, it should be quiet and all electrical appliances must be disconnected, so it will not be affected. You should aim at this point, the lower belly, 2 inches below your belly, right in the center and there is a chakra. The concentration point for young women is 2 inches above your belly, in the middle of this point is your chakra. Concentrated is that point because this is where the blood accumulates and we must, through meditation and concentration, try to circulate the blood with our mind.

If the blood circulates well, you never suffer from any illness or disease, this is very important. If the blood does not circulate well, any small vein, if the blood does not circulate, it will become a cyst and then a cancer and in the end you will die.

If you want to have good health and a longer life, all you have to do is practice yoga at home and follow my instructions on how to practice it. If you do what I have said, you will be very healthy.

I don't have health problems because I practice yoga.

In this case, the posture is correct is eyes and mouth closed.

When you're done, you should exhale three times like you did at the beginning.

When you finish you should do this with your hands and this to recover your normal body temperature. This is the way to practice it. The inhaled air should go here and concentrate on that chakra. OK, this is basic yoga. If you have any questions you can contact me via Skype or email.

If any image or sound appears while you are doing yoga, any type of image or sound, remember that it is not real, it is just a

fancy.

If you want to concentrate well and you are doing yoga, well, in a week or 2 or 3 weeks, depending on each person, if you are able to concentrate, you will feel that the body, from here, will start to warm up.

If you're doing it right, after a half hour session the sweating stops, this is what could happen.

If this happens, which means that you are doing yoga very well, that is the reason why you are sweating. If your body doesn't heat up, that means you have a lot of thoughts that you're not able to get rid of and the air you inhale doesn't go into your lower belly well and you don't inhale the smoke smoothly and slowly so that you don't you are practicing yoga correctly. First you must trust your ability to do it. This is the first thing you should know, first trust yourself. If you feel any pain after practicing yoga, it means that the blood does not circulate well at that point and that you have a problem there. If necessary, go to the doctor, you will notice that you have problems there. If you have any disease, when doing yoga, concentrate, think about the point that you have problems with, I think at that point, concentrate and think that the blood can circulate, that this point can be improved with all your energy and concentration.

The final yoga practice. When you are practicing yoga, for some people it will take one, two or three months, but after practicing yoga twice a day, eventually you will feel a hot energy here, a hot sensation at this point.

Ten days after you begin to feel the heat in your abdomen, you will feel this energy moving here and everywhere.

Do not be afraid, when the energy starts to move, it is natural, because you are charging your energy. Your blood is hot here, your hot energy is ready to circulate with your mind. At this point you should direct your energy with your mind to the chakra that is located below your anus, run your energy to that chakra and then through your back. You must direct your energy under and then behind your back. Then have it go over here where we have another chakra and then have your energy intake go down this path, which is full of chakras, on your face and then over here. Here we have another chakra and then back to the chakra that is located 2 inches below your belly, the one that we focus on every day. In this case, your energy is in movement and when you start doing yoga it heats up and once it warms up, it will start the movement and it will gain strength.

When you are at this point, you must avoid sexual intercourse in order to have the strength to get your blood circulating and move the energy to go around your body.

Every person who attain this higher level of yoga can initiate this energy in his body and never suffer from any disease.

Just like me, I have never suffered from any kind of disease, never, for more than 45 years. Once you can start your energy and get it circulating through the body, I assure you that you are going to be healthy for life.

I teach you and you must follow my instructions. After you move your energy around your body, you will never suffer from any kind of disease. All diseases are caused by poor blood circulation, like cerebral palsy, blood circulates in only one half of the brain so the other half is paralyzed.

Thanks to yoga, the blood circulates with enough force to pass

by the brain, not like before. By initiating the movement of your energy with your mind, directing the energy to go around your body and everything that was blocked before will be able to circulate well and then you will overcome your disease. Once the blood circulates properly, you can recover from any kind of disease, such as paralysis, lameness, or when you do not have enough strength in your arms or legs, or any part of the body where you feel pain or paralysis caused by poor circulation. sanguine .

When we sit for a long time, the legs go numb and are as if asleep and we try to get up, we don't have the strength to walk, the paralysis is the same. A heart attack is caused by a blockage of blood flow to the heart.

Anyone who has these symptoms, and learns to do yoga, at that critical moment who can do yoga standing or sitting, concentrating and doing yoga can overcome that crisis and live longer.

Many people die from different attacks, heart attack, nervous breakdown, stroke... Only with yoga can you relax and direct with your mind the circulation of your blood and energy around the body so that you do not suffer from any disease. This is the goal of yoga. Trust me, anyone who says otherwise is wrong.

This YOGA has been practiced for more than 5,000 years. Yoga has been practiced for over 5,000 years and I teach you for free, so there is nothing, not a word in my self-interest. Since I don't have any feelings of interest, I am teaching you how to practice traditional yoga, in the past, only Buddhist monks could learn.

Now I teach you how to have good health. To achieve this, you must first relax and stop thinking. Now, I am going to explain the whole process in detail: First, to start moving and heating your energy in this chakra. To do this, you inhale once and think "one", inhale again and think "two" and so on up to "ten". If you are relaxed and can think up to "ten", without having forgotten any number before, the second step is to concentrate on the tip of your nose and think about how: "air goes in and out", "air goes in and out", and later you will feel how the air fills the whole body, all its pores. You will feel your breath and you are

one.

Think again about the tip of your nose, but in a different way, it's like thinking that here, at the tip of your nose, thinking without thinking.

Before you had to focus here, but now it's like focusing only halfway, thinking and not thinking. In this case, you will feel that your mind and body are gradually starting to feel relaxed, as if you are immortal, you will feel yourself coming. After that, when you are able to do this, concentrate on the air that you inhale, concentrate with all your mind on the air you cannot see, the air that you breathe.

Both your heart and your soul should concentrate on the air that goes in and out, in and out, Little by little, you will feel that your body does not exist because you have forgotten your own existence and the existence of your body, since we are concentrating on the air , you will feel that the air is nothing more than air, nothing else, this air is just a fantasy.

When you are on this level, you will be on the same level as a yoga teacher, as if you were on the same level as Jesus Christ.

At this moment, his heart is no longer thinking about the difference between you, him, me or anything, because everything will be one.

**You will have the same level as Jesus Christ, like a saint, this is the highest level of yoga. Thank you.**

**Yoga helps us to return to the stage before birth. Before we were born, we were great yoga teachers. Imagine that you are an unborn baby, head down, breathing through the umbilical cord attached to its mother. You are breathing and feeding with your navel, you are breathing through the umbilical cord with your head down in a limited space and we could maintain ourselves for 8 or 9 months. If we were to put ourselves in a small bag now, how long can we hold on before we become insane or have a sense of distress?**

**If we were able to do it before, now too. Yoga consists of returning to that state, at the beginning before being born. Before we were born we were all healthy. Our body breaks down with our desires, our whims and bad habits. With yoga you can go back to the moment when we were in the womb of our mother.**

**Before, if you could bear to be in the womb for 8 or 9 months, like a yoga teacher, before you were born, with the practice of yoga you can go back to that moment. This is the goal of yoga, to return to the beginning so that you will always have good health and thanks to yoga you can live longer, have a longer life.**



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## *PRACTICE SPIRITUAL YOGA*

Now I teach you how you have to do spiritual yoga.

end of yoga The "I" we already understand that it does not exist. If he does not reach the level of understanding that the "I" of the body does not exist, logically he acts as a human of body and flesh. When you stop being human, you stop acting human automatically and you act with all your conscience and soul like Jesus Christ or Buddha did. Jesus Christ on several occasions performed miracles, for example, he walks on top of the water, he feeds the whole world with a piece of bread.... Doing these miracles is very easy and simple: every person can do all kinds of miracles as long as they leave all thinking as human, as long as they leave "I" of this body and act like Jesus Christ or Buddha. Any kind of miracle can be done as if it were a natural thing. Most of Buddha's disciples, when a moment comes and they understand, leave this "I" a slave to this body. When he realizes it, he frees himself from the slavery of the body, and he becomes a saint and every saint can do any kind of miracle. The saints do not ask for money or wealth, this would be very easy; Through yoga you can go to the future and know what things are going to happen, you can know the numbers of the pool, of the lottery... everything can be easily known. What happens is that when a person one day reaches the category of saint, he no longer wants all that. But if you want to go to the future there is no problem, as long as you forget the present. The present is you. If there is no "you", in the present you can go to the future and to the past. You will be free. But present you have to remove it from the mind, from your consciousness. The end of yoga is to understand that the soul takes advantage of this body to transmit this theory. Any body is like a corpse, just like a light bulb, if the light bulb has no current it is useless, but when the current passes to the light bulb it lights up. The bulb as the body, the soul as the electric current. It's just this. If anyone understands this, they will be able to travel between the stars even if they are alive.

This image is a super master yoga teacher called "Tamo" that when he first arrived in Chinese territory, he entered the Shaolin temple in a small town and did yoga for 6 years without going out at all, without eating or drinking . Meditate for 6 years. This is a teacher of teachers, number one of all yoga teachers. On my website you can see an example of how a 15-year-old boy in Tibet spends 10 months doing yoga without eating or drinking, this shows that yoga is not fantasy. Through yoga you can achieve what you want, you just have to give up and forget about the "I". If "I" is not there, this body does not exist and you will be free. It's that simple, it's us who complicate ourselves. We take a fantasy and believe it to be real.

As when we see a horror movie and we are afraid, when it ends we continue living nothing has happened to us, only in thought we believe that what we are seeing is real, but it is not real, it is a fantasy. Therefore, if you want to be a saint, a man who works miracles, you want to be rich, powerful, a millionaire, have a long life, see all your wishes fulfilled, be a super man, forget the present "I" and stop acting like "I". " of this body. Act like Jesus Christ

or Buddha and all your wishes will be fulfilled, it's that simple, you don't need many years of study, or yoga, no.

Every theory of Buddha and Jesus Christ is like a medicine. We are now confused, we are crazy, our brains are full of fantasies. The theory of Buddha and Jesus Christ is like a medicine, if we take this medicine we will be cured of this disease of madness that makes us confuse reality with fantasy. When you take this medicine and see that you are cured of this madness, you no longer need any kind of theory. It is as if we have to cross a river and we have to take a boat, well, this theory (of Buddha or Jesus Christ is like a boat, we get on the boat and learn the theory, and when we get to the other side what do we do? We get off the boat and do we carry the boat on our shoulders or do we leave the boat on the river bank?

Buddha said: "all this theory is like a medicine, once you are cured, logically you stop taking that medicine. This is the future that awaits us. I hope that me and all of you together one day we can meet again in the afterlife. We can reach that paradise, the territory of Buddha or Jesus Christ and we can comment on what has happened to us in this life. If you listen to my message, all of you one day will be able to return to our origin. Where we've all come from.

We must leave this fantasy and return home. Our house is waiting for us for billions of years, please do it and let's all go home. We are all gods, we are a star, please come home. Let's go back to our origin, which is the infinite universe where there is no death, sadness, everything is wonderful.

I beg you to leave this fantasy "me" and let's go home together.

Thank you so much.



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*END OF THE FIRST BOOK*

## *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, family, society, the whole world. If within your heart you always give thanks to everyone, you will have a good future, good health. Because? If a person knows how to give thanks with his actions, not only with his words, he will be a good son, a good father, a good mother... if a person does not know how to give thanks, that person will not have a good future, because that person only tries to take advantage of his family of society people. That person is not going to have a good future. Because if you take advantage once, the second time people won't let themselves be taken advantage of. If you receive 1 you must return 10 times. If you know how to do this, you will have all your friends, all your family, all of society on your side and they will always help you so that everything goes well. Therefore, very important: the difference between humans and animals is that we have to know how to give thanks with our hearts, with actions, not just words. As it happened before in a town: There was a man who loved his dog very much. One day he died and his dog went to visit his master's grave every day until he died.

Even an animal knows how to thank its master for so much that he has loved him. And we humans have to know that everything we receive, especially from the father and mother who have given us so much help. If it weren't for your father and mother you wouldn't be here today. 1<sup>o</sup> if your mother had miscarried, before being born you are dead. 2<sup>o</sup> if you are born and they do not take care of you, you would not be here today. For all this, we have to return that favor to our father and mother who have cared for us without condition. Not only with good words do you have to repay your parents for everything they have done for you, but also with your actions. Anything your father and mother first.

If we have a plate of food, first you have to offer it to your father and mother, always. If you do this, your children will do the same to you. This is good for you, for your father and mother and for your future child, grandchildren... it all depends on what you have done with all your heart. You have to do the same with friends; If your friends help you, you don't just have to say thank you, no. Your friends help you with acts with facts, you can't just say thank you and that's it. As it is said here: "words are carried away by the wind" that does not count. Just saying thank you doesn't count.

If the family, society, state, the whole world... do you any kind of favors, you must return those favors with actions, not just words, and you must return them multiplied by 10 or 100. In that case, your future will be bright and like a path of roses. Anyone who does you a small favor, you must return with a big favor. If you do this you win the hearts of the whole world and the whole world loves you. Like your partner: she cooks for you, takes care of the house, gives you love... for all this you have to be thankful. If a couple lives thanking each other, they live very happily and the thing works. There is no hate or revenge. If you give thanks with your heart, with words, with deeds... everyone loves you. If you know how to give thanks you have won the whole world. If you give thanks in front of a mirror, the mirror thanks you. My friend, I would like us all to live in a paradise, and that paradise is in our

hands.

Live with a big heart full of pure love and giving thanks.  
Thank you so much.



by Master Roger

[www.yogaspain.es](http://www.yogaspain.es)

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