

# My Understandings of Christ Parables

By

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## Commentaries to Gospel St. Matthew and St. Thomas

### Introduction

Questions about where we come from, who we are and where we are going, is the substance in our search for Truth as we attempt to understand the connections and mysteries of life. Individuals with experiences and insight in the changing nature of life and its mechanisms begin their search by looking inward to the nature of consciousness. This is how meditation arose: Can we find something stable and lasting inside us, something other than what we can see with our physical eyes or experience with our senses? Such were the questions of the prophets and yogis.

It is not possible to pass the experiences of the Infinite, which are fundamental through words alone. In addition, the words of the prophets seems to be misunderstood with the passage of time, the connection between the original words and their true meaning seems to be lost.

History and present day events show that misinterpretation often lead to conflicts and wars in the religious sphere. The true message of the prophets is to share the experience that the Infinite power of Life is similar for everybody. Every soul has the opportunity to experience this reality inside oneself.

The prophets are glorified and said to be unlike others. This is how we are confused. The spiritual books and the prophets are a great inspiration up to a certain point, while salvation is obtainable through our own inner experience.

We all are the children of Life from birth, but it is not helpful to hear this if we do not experience it as an inner reality. Self-realization happens through the personal experience that "the Father and the Son are one". Without our own experience, the knowledge remains only intellectual. To hear about strawberries is not the same as to taste them. The inner Silence in meditation comes through the earnest efforts to realize the Truth.

What does the word, God mean? This word has created many misunderstandings and unnecessary disagreements among people. Perhaps the word Life is better, another word that could convey the truly religious meaning. Then it would not be about belief or not, because Life is a concrete reality.

The reason I clarify my own relationship to the word “God” is that I have chosen to make use of religious texts as a tool to communicate my own experience and understanding of them. Thus, I clarify my own relationship to the word: God. I was insatiably interested in the existential questions in my young age already. I examined Christianity into which I was born. I wanted to be a good Christian who believed in Christianity central tenet: the trust in Jesus Christ, but I was not able to confess to such a faith because I doubted. My religious longing had not been satisfied and it took many years before it resurfaced. Then I understood my childhood doubt and its legitimacy and started seriously to search inwardly to satisfy the yearning of the soul.

Now after many years I have found that the need of harmony is a part of the consciousness. Everyone recognises this when experiencing difficulties, conflict and restlessness, as the true Life takes place inwardly. When one is quiet inside, one handles whatever happens around in a positive way.

A happy life is not synonymous with never meeting difficulties or hindrances. Many truth seekers are mistaken here because they believe this to be so. They create expectations that are not realistic and uphold the inner conflict. Inner harmony is first possible when the conflict is resolved internally - an intrinsic state where oneness and duality exist together and simultaneously the nature of conflict realized as a part of the progress. Then we also live more comfortably in the material element, because that one is spiritual as well, being the arena where we test, confirm and develop our growing spiritual capacity, the ability to live in harmony with Life.

## ST. MATTHEW

### Chapter 2

Verse 10: *When they saw the star, they were overjoyed.*

The star in the text symbolises the spiritual eye, inner Silence. When awareness arises in the individual then one is overjoyed and has hope, - “awareness” will lead

to Truth. It is worth to know, that the spiritual eye is visible inside when one is completely still.

### **Chapter 3**

*Verse 10: The axe is already at the root of the trees, and every tree that does not produce good fruit will be cut down and thrown into the fire*

The soul's need to realize Unity with the Infinite is an intrinsic part of the consciousness, - it is a fundamental need. What obstructs the conscious *realisation* "will be cut down and thrown into the fire" - duality inside works against the good fruit.

### **Chapter 4**

*Verse 4: Jesus answered, "It is written: Man does not live on bread alone, but on every word that comes from the mouth of God."*

The meaning of this verse is primarily practical and spiritual: "on every word that comes from the mouth of God" means to live in Unity with life, to realize the Self.

*Verse 10: Jesus said to him, "Away from me Satan! For it is written: Worship the Lord your God, and serve Him only."*

How to interpret the concept of Satan? Who created heaven and hell? Everything exists in us – light, darkness, good and bad. "Satan" prevents us from remaining silent inside in the midst of life - it is born and sustained only in a state of duality (the absence of Silence). In Unity consciousness, Satan embraces God and gives up an independent existence - one lives daily life with its movements in a different attitude, less affected by circumstances.

### **Chapter 5**

*Verse 6: But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.*

What is the reward? No one is sitting in "heaven" giving out rewards or punishments. The room is inside us, in the consciousness, where one quietly and gradually builds an inner Silence by the constant efforts and practice. The true reward flows in Silence – in peace and certainty.

*Verse 14: For if you forgive men their sin against you, your heavenly Father will also forgive you.*

The consciousness is the meeting point between God and man. Here the contrasts unite: we give and receive simultaneously. As the capacity of being Silent increases, forgiveness and receiving forgiveness is happening in a natural way, established in an inner state and understanding.

*Verse 19: Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal.*

*Verse 20: But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal.*

Material fulfilment leads to temporary happiness. Yet one should try to realize them in a fair way - suppressing brings them back more intensely. With Kriya practice the yearning for Truth gradually grows from inside. At the same time, the personal interest for material fulfilments decreases naturally, since the experience of Silence is more satisfying. We recognize that the true treasure is stability inside which no thief can break in and steal.

*Verse 22: The eye is the lamp of the body. If your eyes are good, your whole body will be full of light.*

Here the eyes mean to be “aware of oneself”, then one sees own thoughts, intentions and the inner Self – the true discovery of the Self by the Self.

*Verse 34: Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

With Silence inside, one lives naturally in the present. Worries steal energy and separate us from our life. By being present, each moment takes care of itself. Then everything becomes better spontaneously: this moment, the past and the future – which are all stored in the moment. The capacity to “be” is with us all the time.

*Verse 44: But I tell you; Love your enemies, and pray for those who persecute you.*

This is not like a command or a law that a higher force expects one to follow. It is like this with all religious tenets: they are born from an inner condition and understanding, not through prejudices or concepts. A person who lives in harmony

inside feels natural love, one is not pretending. This state by itself entails an actual freedom. One puts insight into life's mechanisms and contexts. In such an inner state one knows that others are Life's souls, clad in various dresses and forms of expressions.

## Chapter 7

*Verse 7: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.*

To ask is one side of the coin, to receive the answer is the other. By praying, searching and knocking at the door, we activate the consciousness to find what we search. When established in Silence, all answers come from within.

*Verse 21: Not everyone who says to me, "Lord, Lord", will enter the kingdom of heaven, but only he who does the will of my Father who is in heaven.*

Here we are close to the core of a common religious misunderstanding: the words "I love you" are not the same as loving. "The map is not the land." Words are not the same as the real thing. Just to repeat the name of God without awareness will not help.

*Verse 24: "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock."*

*Verse 25: "The rain came down, the streams rose, and the wind blew and beat against that house; yet it did not fall, because it had its foundation on the rock."*

"The rain came down, the streams rose, and the wind blew and beat against that house" - circumstances may try to steal our Silence, to push one to react. Many falls may happen but like a bird one gradually keeps building the nest again without complaining and with a strong foundation of awareness and stability inside. Then one knows "how to step back", to be with the unshaken Self in difficult times - Silence becomes cemented inside.

*Verse 29: Because he taught as one who had authority, and not as their teacher of the law.*

One established in Silence expresses himself from a level of Unity. He does not need to speak so much as Silence penetrates through his presence and his few words have the strength of inner certainty. This is a practical experience, not a theoretical knowledge.

## **Chapter 9**

*Verse 4: Knowing their thoughts, Jesus said, "Why do you entertain evil thoughts in your hearts?"*

"Why do you entertain evil thoughts in your hearts"? To entertain evil thoughts means a lack of capacity to live an inner state of no duality, of Silence. Actions performed in unaware moments may lead us to trouble and regret. To be aware one needs Space (Silence) inside. Awareness gives no space for "evil thoughts" (duality).

*Verse 37: Then he said to his disciples, "The harvest is plentiful but the workers are few."*

Consciousness is Infinite, Grace is ever flowing but only a few receivers make efforts to receive it.

## **Chapter 10**

*Verse 28: Do not be afraid of those who kill the body but cannot kill the soul. Rather be afraid of the One who can destroy both soul and body in hell.*

Inner struggles, guilt and self-pity are destroying us. Living in such a state is hell.

*Verse 37: Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me.*

This means one has to love the Truth more than anything. Worldly attachments often bring possessiveness. "The fear" wants to control and possess. This keeps us away from the Truth.

*Verse 38: And anyone who does not take his cross and follow me is not worthy of me.*

The cross symbolizes trinity, the three powers, and the beyond. Three powers (manifest, preserves and destroy) have their own role and importance, yet in meditation one realise that they are one. If one lives in duality inside, then God seems absent from our life.

## **Chapter 11**

*Verse 28: "Come to me, all you who are weary and burdened, and I will give you rest. "Join me in Truth and experience who you are."*

Only Truth (God) can save the seeker from the intolerable pain. The one who surrenders himself – where the surrender is not a theoretical concept, it means the one who realizes Unity with God, actually "experiences it". After settled in Silence, the surrender happens in a natural way without any words.

## **Chapter 12**

*Verse 43: "When an evil spirit comes out a man, it goes through arid places seeking rest and does not find it.*

An "evil spirit" means the experience of duality inside. Without an inner harmony, challenges of life make one restless and anxious. One is looking outward for a resting place, a way to freedom. To escape the anxiety one occupies oneself with many activities or seeks for various entertainments but soon returns back with more disappointment and restlessness. The resting place is inside, in Silence, the only pillar to hold on.

*Verse 44: Then it says, "I will return to the house I left." When it arrives, it finds the house unoccupied, swept clean and put in order.*

The starting point is also the ending point. This is a long journey of no distance. What we search is always there right behind the forgetfulness. One has to realize this as own experience not through words only.

## **Chapter 13**

*Verse 3: Then he told them many things in parables, saying: "A farmer went out to sow his seed.*

*Verse 4: As he was scattering the seed, some fell along the path, and the birds came and ate it up.*

*Verse 5: Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow.*

*Verse 6: But when the sun came up, the plants were scorched, and they withered because they had no root.*

*Verse 7: Other seed fell among thorns, which grew up and choked the plants.*

*Verse 8: Still other seed fell on good soil, where it produced a crop – a hundred, sixty or thirty times what was sown.*

God made this world. Sometimes one might think that some souls are more worthy, but that is only a narrow outlook. Each person and element is acting according to the Divine will, whether one realises it consciously or not. All souls are on their journey towards the same target at their own speed. To harvest a healthy crop, one needs a good soil and must sow the seed at the most advantageous place. “A firm consciousness is the best soil for our seed”.

*Verse 12: Whoever has will be given more, and he will have in abundance. Whoever does not have, even what he has will be taken from him.*

Our own experience is the greatest inspiration as the constant practise gives more stability inside. Alertness improves every moment, it is alive and vibrating, it is life. In being unaware and rigid, one loses Silence and inner stability “even what he has will be taken from him”. Silence eats restlessness and restlessness eats Silence.

*Verse 31: He told them another parable: “The kingdom of heaven is like a mustard seed, which a man took and planted in his field.*

*Verse 32: Though it is the smallest of all your seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds of the air come and perch in its branches.”*

One finds the characteristics of a flower in a seed. A mustard seed, the smallest seed, illustrates the emptiness, nothingness - the foundation of the creation. The manifestation of emptiness is the dynamic of the concrete creation. It also shows the possibility of each soul, to raise the consciousness to such an extent that that one becomes beneficial to the whole creation.

*Verse 44: The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.*

The treasure is “hidden in a field”, and it is interior to man. The joy of realizing the Self is the greatest happening. Guru plays an important role as he protects his disciple by guiding him in the journey to the Self.

*Verse 49: This is how it will be at the end of the age. The angels will come and separate the wicked from the righteous.*

*Verse 50: And throw them into the fiery furnace, where there will be weeping and gnashing of teeth.*

“The angels will come and separate the wicked from the righteous” - means one has to take care of inner Silence (no conflict) - the problems will be taken care of by Silence itself without losing energy. Silence is the saviour and Kriya yoga is a great tool to build the inner Silence.

## **Chapter 15**

*Verse 8: These people honour me with the lips, but their hearts are far from me.*

*Verse 9: They worship me in vain; their teachings are but rules taught by men.*

*Verse 20: These are what make a man “unclean”; but eating with unwashed hands does not make him “unclean”.*

Rituals seems to have become an obligation, a kind of pattern created by the community, which may serve the purpose for a certain period, but it has its limitations. Blindly following them takes one away from the Truth. People chant and praise the word God but their hearts might be burning with hate and jealousy for each other. How to change this? More inner Silence is the answer. The important aspect of existence is not an outward glamour but a purity inside, the absence of ignorance of who we are.

## **Chapter 16**

*Verse 11: How is it you do not understand that I was not talking to you about bread? But be on your guard against the yeast of the Pharisees and Sadducees.*

The misunderstanding between Jesus and the disciples, between the teacher and the student in spiritual teaching, is about where the focus is. The student’s focus is outward – a desire for an immediate solution, while the teacher’s focus is inside – a constant practice to attain an inner state of no-duality.

## Chapter 18

*Verse 4: Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven.*

How to live innocently without conceptions, just like a child? In a state of no-duality in the midst of activity, one realizes Unity with Life and becomes to be like a child, because the idea of the ego disappears. The mind's idea of duality makes us believe we exist independently of Him. This is an illusion and the real ignorance, even if it seems to be real as we experience it in our dreams. One lives the dream in a sleeping state and it is realised as unreal only in the awakening state. Duality has no existence of its own but our forgetfulness gives a life to it. We believe we are the owners of our actions. With constant kriya practice, being aware, one might see duality in a different way – one accepts and understands it instead of fighting it.

*Verse 32: Then the master called the servant in. "You wicked servant," he said, "I cancelled all that debt of yours because you begged to me.*

*Verse 34: In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.*

*Verse 35: This is how my heavenly Father will treat each of you unless you forgive your brother from your heart.*

The mind is impatient, intolerable, unforgiving and it wants to fight. Action and reaction goes before the one is Silence, - then Life takes care of it. If we cannot forgive, we suffer. Why? Not because of any punishment. What we experience as pain, is conflict inside. Forgiveness is a result of living inside in a state of no duality.

## Chapter 19

*Verse 23: Then Jesus said to his disciples, "I tell you the Truth, it is hard for a rich man to enter the kingdom of heaven."*

*Verse 24: "Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God."*

What is the meaning of being rich? To be rich in the mundane sense is not a hindrance to know the Truth. It all depends on an attitude. If the material resources support us, then wealth is a blessing. The true meaning of being rich in these verses

is that we believe we are the owners of our actions and our life – a state of duality. This might be difficult to understand, as others are also acting good or bad since they are also not the owners of their actions. Theoretical understanding is on the surface, practical experience of Silence is something else – the one that can observe how one fluctuates in different circumstances and with different people. When Inside continues practicing of Silence, then one is naturally oneself.

*Verse 25: When the disciples heard this, they were greatly astonished and asked, "Who then can be saved?"*

It is a turning point to realize, to discover that nothing from outside truly can satisfy the soul. Then how to proceed, how to grow more, how to be "saved"? Sincerity, the earnestness of one's spiritual efforts and the practice are the key. Awareness is our protector.

## **Chapter 21**

*Verse 21: Jesus replied, "I tell you the Truth, if you have faith and do not doubt, not only can you do what was done to the fig-tree, but also you can say to this mountain, "Go, throw yourself into the sea, and it will be done."*

*Verse 22: If you believe, you will receive whatever you ask for in prayer.*

Faith includes doubt. What we need is "certainty inside". In Silence, certainty is there automatically and then nothing is impossible. The manifested process of the creation proves Life's inconceivable intelligence and creativity.

## **Chapter 22**

*Verse 1: Jesus spoke to them again in parables, saying:*

*Verse 2: The kingdom of heaven is like a king who prepared a wedding banquet for his son.*

*Verse 3: He sent his servants to those who had been invited to the banquet to tell them to come, but they refused to come.*

*Verse 4: Then he sent some more servants and said, "Tell those who have been invited that I have prepared my dinner: My oxen and fattened cattle have been slaughtered, and everything is ready. Come to the wedding banquet."*

Prophets are messengers of God. They are “aware” of the conflict in the human nature and the efforts needed to dissolve it. They guide us and they are living examples. They break the “patterns”, guided by an inner voice, but we may misunderstand them due to differences in the state of consciousness and understanding. Every soul can raise the consciousness by practising meditation - Kriya Yoga is an excellent tool for this purpose.

*Verse 36: “Teacher, which is the greatest commandment in the Law?”*

*Verse 37: Jesus replied, “Love the Lord your God with all your heart and with all your mind.*

*Verse 38: This is the first and greatest commandment.*

*Verse 39: And the second is like this: Love your neighbour as yourself.*

*Verse 40: All the Law and the Prophets hang on these two commandments”*

Life manifested to experience itself. This is the need of duality and trinity in the creation, the need of Existence to experience “Love”. The summary of Trinity is God. There is no separation between God and His creation, yet one cannot force oneself to feel love, as the true love is an inner state with an unlimited potential. The experience of true love (beyond all attachments) takes one to the Truth.

## **Chapter 24**

*Verse 23: At that time if anyone says to you, Look here is the Christ! or, there he is! Do not believe it.*

*Verse 24: For false Christs and false prophets will appear and perform great signs and miracles to deceive even the elect if that were possible.*

Miracles are not a signpost. Outward splendour, experience of lights, colours or sounds may get some attention from others, but one should not be attached and hold on to these. Truth emerges in the Silence - Existence Itself is the miracle.

*Verse 42:” Therefore keep watch, because you do not know on what day your Lord will come.”*

*Verse 43: "But understand this: If the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into."*

*Verse 44: "So you also must be ready, because the Son of Man will come at an hour when you do not expect him."*

To be calm and balanced in the middle of all happenings in life is not at all easy. One cannot learn to swim in the storm. We need to practice Silence (awareness) and make it as a strong inner condition, so that we can swim effortlessly even in difficult waves.

## **Chapter 25**

*Verse 29: For everyone who has will be given more, and he will have an abundance. Whoever does not have, even what he has will be taken from him.*

"Everyone who has will be given more". To practice Kriya: Step 1 – to build inner Silence; Step 2 - to discover more as one is more alert and aware; Step 3 - comes naturally - "to be"; step 4 - one loose oneself, "I am not there. Only an unlimited space and the experience". Fighting or trying to manipulate creates conflict inside; we even lose what we have.

## **Chapter 28**

*Verse 34: Then the King will say to those on his right, "Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world."*

*Verse 40: The King will reply, "I tell you the Truth, whatever you did for one of the least of these brothers of mine, you did for me."*

I am not God but God is me.

## **St Thomas**

The Gospel of Thomas is a collection of statements made by Jesus. The texts and the twelve other manuscripts were found in 1945 at Nag Hammadi in Upper Egypt. The 13 manuscripts contained 52 religious and philosophical texts from antiquity.

The Gospel of Thomas in its current form dates from the year 100, although some of the sections are older. The manuscript consists of a number of statements and metaphors by Jesus. Some of these we are familiar with from the New Testament; others are of unknown origin. Dr. Theol. Søren Giversen, author of the book "The Gospel of Thomas", is a professor at the University of Århus, Denmark, who for many years has worked with the Gospel of Thomas. He has translated the text directly from Coptic, an ancient Egyptian language, to Danish.

*Text 4: The person advanced in days will not hesitate to ask an infant of seven days about the place of life, and that person will live. For many who are first will be the last and they will become a single one.*

Every step in Life is perfect. We can say that a growing flower is perfect all the time, even in the midst of struggles and hindrances. "The person advanced in days will not hesitate to ask an infant of seven days about the place of life" - the infant has just arrived to this planet and has a fresh knowledge about "the place of life" – to be, I am.

*Text 6: His disciples asked him, "Do you want us to fast? How shall we pray? Shall we give alms? What diet shall we keep?" Jesus said, "Do not lie, and do not do what you hate, but all things are revealed in the sight of heaven. For nothing is hidden that will not be revealed, and nothing is covered that will remain covered."*

So often our decisions are influenced by others rather than what we really feel to do from inside with certainty. Faking strengthens rigidity and keeps one more away from the Self. "Inner certainty is God". Established in Silence, we know what to do in all aspects of life. Truth means to be true to oneself. To grow up means to take the responsibility for oneself – for all happenings in our life.

We are afraid to listen to our inner voice as it might lead us to a different direction without explanations - this does not satisfy the mind because of its strong habit of dual thinking. One is following the prophets superficially and literally without deeper understanding of their words. While performing rituals, one should do it with attention and love, not out of fear. The Truth has no dialogues.

*Text 17: I shall give you what no eye has seen, what no ear has heard and no hand has touched, and what has not come into the human heart.*

Glimpse of the Infinite "Him" "God" "Divine". Experience of Silence and true love, "what no eye has seen". That which is beyond the senses, intellect, beliefs and doubts.

*Text 22: Jesus saw some infants being nursed and said to his disciples, "These children are like those who enter the kingdom." They said to him, "If we are children shall we enter the kingdom?" Jesus said to them, "When you make the two one, and when you make the inner like the outer, and the outer like the inner, and the upper like the lower, then you shall enter the kingdom."*

When one accepts the outer and the inner as one reality, whether it is 'bitter or sweet', one recognizes all happenings in a tune with a "subtle desire" within the soul. Duality is a needed part of life. "Duality creates energy, the power to move and to grow" - duality proves to be the greatest help to realize the Self – otherwise it could be the worst enemy.

*Text 23: His disciples said, "Show us the place where you are, for we must seek it." He said to them, "Whoever has ears to hear let him hear. There is light within a man of light and it illuminates the whole world. When it does not shine, there is darkness."*

One should first seek God, the Silence within. Then one realises that He is everywhere. Nothing exists without being a part of Him. Silence inside is necessary to realize this as a reality, as a condition.

*Text 26: Jesus said, "You see the splinter in your brother's eye but you do not see the plank in your own eye. When you have taken the plank out of your own eye, then you will be able to see and remove the splinter from your brother's eye."*

We often put the blame on others and on the circumstances, as if the whole world is at fault. When awareness arises, then the world remains the same but we develop inner understanding, a new attitude towards our Self and the whole world.

*Text 27: If you do not fast with the respect to the world, you will not find the kingdom. If you do not keep the Sabbath as Sabbath, you will not see the Father.*

The true fast, the true Sabbath, is to stay peaceful and stable inside during activities. "The action in Silence (awareness) is the highest activity".

*Text 48: Jesus said, "If two make peace with one another in the same house, they will say to the mountain 'Be moved' and it will be moved."*

The word harmony “two make peace with each other in the same house” is easy to say and to write, but to realize it is something else. Harmony inside means “duality and oneness are united” and there is no inner resistance. In this inner state, established in Silence everything is possible.

*Text 49: Jesus said, “Blessed are the solitary and the chosen, for you will find the kingdom. Because you have come from it, you will go there again”.*

One chooses Silence because nothing else can last and satisfy the soul. The key is to perform the worldly duties quietly, without too much involvement. Silently working - is another dimension of meditation. The Self is our home, as we recognize, “because we have come from it and will go there again”.

*Text 50: Jesus said, “If they say to you ‘Where did you come from?’ it say to them*

*‘We have come from the place where the light came into existence of its own accord and revealed itself in their image.’ If they say to you ‘Who are you?’ ,say to them ‘We are his sons and we are chosen of the living Father.’ If they ask you ‘What is the sign of your Father who is in you? say to them ‘It is a movement and a repose.’”*

The main principles are movement and rest (repose). There is a gap, a stop (Silence), in between each inhalation and exhalation, a link between God and Man - Unification is a fact in the individual consciousness. This is a sign, a clue, it is very important - the understanding of the gaps makes one to put it into practice.

*Text 51: His disciples said to him, “On what day will the repose of the dead occur and when does the new world come?” He said to them, “That repose you look for has come, but you have not recognized it.”*

What is “the new world” we are waiting for? Are we looking for a world without changes and problems? A world where only the “good” exists? What one is looking for is already here and now, but one is not aware. The world is the masterpiece of the Creator, perfect as it is. If one manages to live each moment spontaneously with awareness in a daily life, a new world is there, in and around oneself.

*Text 52: His disciples said to him, “Twenty-four prophets spoke in Israel and all of them spoke of you.” He said to them, “You have neglected the Living One in your presence and have spoken only about the dead.*

All prophets and holy books are pointing to go to the inner Self to find the Truth, but we want to know all knowledge theoretically. Mind cannot conceive the Truth but it can support us if we practice, take “stops” now and then and watch our breath, be aware of oneself, - one will discover something ‘new and fresh’. The intellect is not

able to realize this secret, but it can distinguish and support our spiritual efforts in a systematic way.

*Text 59: Jesus said, "Look upon the Living One as long as you live, lest you die and seek to see him but cannot see."*

Live with awareness to the last breath.

*Text 71: I shall destroy this house and no one will be able to build it again.*

There is only one "you" and only one "me". Life never repeats itself. What is born is Life, using the individuality to discover itself. To be aware constantly, one discovers what prevents awareness, the embankment removed, the hindrance is gone and the river of life flows freely.

*Text 72: A man said to him, "Tell my brothers to divide my Father's possessions with me." He said to the man, "O man, who made me a divider?" He turned to his disciples and said to them, "I am not a divider, am I?"*

"I am not a divider, am I"? I am not living in conflict, am I? The one who created duality will also dissolve it. Life with actions and reactions go on, we should be inside the life and at the same time, stay beyond and be aware of the truth.

*Text 75: Jesus said, "Many are standing at the door, but those who are alone are the ones who will enter the bridal chamber."*

Each individual has to discover Truth by himself. Kriya is an excellent tool, which one should practice with interest and endurance. Then what one discovers might be very different from what one thought in the beginning.

*Text 82: Jesus said, "Whoever is near me is near the fire, but whoever is far from me is far from my Kingdom."*

The nature of fire is to purify, as Silence burns inner duality. It purifies the practitioner to be "new" inside.

*Text 89: Jesus said, "Why do you wash the outside of the cup? Do you not know that he who made the inside is also the one who made the outside?"*

Conceptualization limits receptivity, inner freedom and creativity. It blocks our capacity to follow the inner voice and the restlessness goes on – one tries to live what one is not in the name of spirituality. In Kriya one reaches inner Silence where one “realises” that the inward and outward are One. Only some very few like Buddha and Christ manage to live alone, but later they also come to the masses to give what they have realized. This world is life.

*Text 91: They said to him, “Tell us who you are so that we may believe in you.”*

*He said to them, “You examine the face of heavens and the earth, and yet do not know what is in front of your face nor do you know how to discern this present time.”*

“What is in front of you” is the power of life. Our life is full of miracles but we are not aware of it - our present carries the fear of past and future desires – preventing us to see what is in front of us, the living reality.

See life carefully - nobody tells a seed how to grow, a bird how to build a nest, to fly, to find food and to protect themselves. Why cannot a man find the answer to the mystery of life, why does man want to see miracles, when everything is a miracle itself and a sign of Life? To experience the inner peace irrespective of outer chaos - is heaven. When we are restless, anxious and fearful, then we are in hell.

*Text 94: Jesus said, “Whoever searches will find. It will be opened to him.”*

The door breaks by the intensity of the seeker.

*Text 95: Jesus said, “If you have money, do not lend it at interest, but give to those from whom you will not receive it back.”*

If we do everything with attention, then actions do not cling to our consciousness. If one does not fear to lose anything, then one wins everything – Him, the true Life.

*Text 107: Jesus said, “The kingdom is like a shepherd who had a hundred sheep.*

*One of them, the largest, went astray. The shepherd left the ninety-nine and searched for that one until he found it. After he had laboured he said to the sheep, ‘I love you more than the ninety-nine.’”*

When awareness arises then one realizes the true potential. The intention becomes one, pointed to attain the Truth, which demands all our interest, energy and sincerity – everything is to find the One.

*Text 108: "Whoever drinks from my mouth will be as I am, and I shall be that person, and the hidden thing will be revealed to that person."*

The Christ consciousness is in inner Silence - there one discovers "the hidden knowledge" and the Self.