

THE SPIRITUAL LAWS



Vicent Guillem

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FOREWORD

I am honoured to have had the privilege of translating *The Spiritual Laws*, making it accessible to the entire English speaking community throughout the world. I would like to thank my friend Gillian Tiffany for her collaboration and support with this translation and also to Lucia Gjaltema for her input in the first part.

The Spiritual Laws is a long-awaited spiritual life guide. It is a credible, authentic and reliable source of spiritual knowledge and wisdom, which provides me with constant guidance. The author, Vicent Guillem, combines a profound scientific background with a humble, common-sense approach towards spirituality, full of truth and sentiment. He practises what he preaches, setting a model example by living his personal life according to the laws of love and free will.

We also are challenged to discover the true meaning of unconditional love, by living according to the *Spiritual Laws*. We are encouraged to question and research our existing pillars of self-knowledge and spirituality, which are passed on to us by society, based on past and current world concepts and beliefs.

Vicent's message is simple and straightforward. He invites us to discover and tune into our own inner source of love, truth and feeling. By tapping into universal energy through feeling, we become complete, healthy and autonomous human beings, able to realise our true potential and carry out our spiritual mission and purpose in life. We are not victims, but rather we create, and are responsible for, our own personal destiny if we allow ourselves to live in love and in freedom, respecting our own free will and that of others.

Enjoy your journey.

Stephanie Roberts Timms

PREFACE

The content of this book is a message of love for all humanity. It does not matter how I received this message or where it comes from. The important thing is the content of the message. You are free to do with it whatever you want; you can ignore it, criticise it, censure it or you can apply it to your own life, which is what I did, although prior to this, I went through some of the previous stages as well.

So I leave it up to you to decide whether the character of Isaiah, my speaker and main character in the book, is a literary invention or whether he really exists, whether the dialogue between he and I that you will find on the following pages actually did exist or not and under what circumstances it took place. In any case, what is certain is that this message has been written from the heart for the heart, for your heart.

I hope that it will be as useful to you as it has been to me. That it will help you to get to know yourself, awaken your feelings, eliminate your egoistic part, understand the reason why you are here, and the reason why certain things happen to you. It will give you hope, it will help you understand other people better and to love them some day, it will help you understand the world you live in, so that you can turn the biggest misfortune into something useful for your evolution in love. In short, so that you are your true self, free, conscious to be able to experience true love, unconditional love, so that you are happier.

With all my love, for you.

INTRODUCTION

I have always asked myself many questions, very profound questions. The kind of questions that are called existential questions. I have always wanted to know the reason for my life, the reason for all of our lives. Who am I? Why do I exist? Why do others exist? What are we doing here? Have we come here for anything in particular? Why are we born, why do we die? Where do we come from and where are we going? Is there anything after death?

And it didn't all just stop there. At other times I tried to find the answer to all the injustice I see in this world. Why is life so unfair? Why are there children, who have not hurt anyone, who suffer so much from the day they were born, from hunger, war, extreme poverty, illnesses, abuse, ill treatment because no one loves them, whilst other children are born healthy, in a happy environment and are loved? Why do some people become ill and others not? Why do some people live for a long time and others die almost at birth? Why do suffering and evil exist? Why are there good people and bad people, happy people and unfortunate people? Why was I born into this family and not into any other family? Why do all these unfortunate things happen to me and not to other people? Why does a certain misfortune happen to another person and not to me? What does all this depend on?

At other times they were questions about feelings.

Why am I not happy? Why do I want to be happy? How can I be happy? Will I find a love that will make me happy? What is love, what are feelings? What do I feel? Is it worth loving? Do we suffer more when we love or when we don't love?

I imagine that you have asked yourself the same questions at some point in your life and that you still ask yourself certain questions occasionally. But we are so busy in our day to day life, that we hardly ever ask ourselves these questions consciously and we dedicate very little time to trying to resolve these questions. We have a lot of obligations and many distractions. As we don't seem to find the answers and looking for the answers makes us feel uneasy, we prefer to let them rest somewhere inside us, maybe thinking that we will suffer less this way.

Are there answers to all of these questions? I don't want just any kind of answer, I want a true answer. Does truth exist? What is the truth? Where do I look for the truth? How do I recognise the truth?

I have always been a sceptical person, incredulous, but at the same time open to enquiry. I always wanted to verify things for myself. I can assure you that I have been looking for a long time for an answer to what we have been taught since we were little: Religion, Philosophy and Science. They each showed different cosmogonies, different ways of understanding the world. However there always seemed to be a limit to explaining reality the way I saw it, both in religion as well in science. I always found incomplete answers, they were always inconsistent with one another, far from reality and they still did not answer my questions satisfactorily. As much as I tried to go deeper, in the end there was always an insurmountable wall, the final answer which hindered my desire to investigate further.

The final answer I obtained from religion was more or less: "It is God's will. Only He knows. We cannot understand these things. We cannot understand why some people are born in more or less favourable circumstances, why some people get ill and others don't, why some people die early and others later. We cannot understand what happens after death, why you were born into a certain family and not into another, why in this world and why God allows all this injustice to happen in the world etc., etc."

The final answer I obtained from science was more or less this: There is a physical explanation for everything, but on a philosophical level the answers to almost every question are: "It's a coincidence" or "it cannot be proved scientifically whether such a thing exists or not". In other words, there is no particular reason why you exist, there is no particular reason for living. It is a question of chance whether you are born under more or less favourable circumstances. Whether you are born healthy or unhealthy, into a particular family or another, whether you die early or later, is all a question of chance. It cannot be proved scientifically whether there is life before birth or life after death. It cannot be proved whether God exists or not, etc., etc."

Most people cling to the answers that they have learnt and when you want to talk to somebody about these issues, those who believe in religion will reply to you more or less in these terms: "It is God's will. Only He knows the answers. We cannot understand these things." And those who are scientists or believe in science, and think they know more than those in the first group, say: "It's a coincidence" or "it can't be proved scientifically".

There was a third group that answered me: "Look, I don't know. I don't know the answer to your questions and I am not interested in either asking or answering them."

And I would say to all of them: "I am sorry, but none of these answers will do, because they don't answer my questions".

The people from the first group tell me: "It's through lack of faith. When you have faith, you won't need to know anything else". The second group tells me: "It's because you lack education. Science will give you the answer and you will see that it is as I am telling you: that it's scientifically proven that it can't be proven scientifically". The third group tells me: "I've got a mortgage to pay, a family to maintain, a car to be paid for, a weekend trip to go on. Don't bother me with these issues because I am busy enough as it is".

I will tell the first group that I am not willing to give up looking for answers to my questions. The only way to give up would be to renounce my free will and I am not prepared to do that.

To the second group, I will say that it's not through lack of education. I have had that education. I am a Doctor in Chemistry and I have never reached the conclusion that I have to put limits to exploring, that there are fields that I cannot explore, just because I don't have a device to measure it. I've got myself and I will use myself as my device. What I perceive and feel will be just as relevant as any result I get using a sophisticated device and I will assume that other people are also devices themselves. If there is anything that I am not able to detect myself, I'll ask them if they have been able to capture it with their own living devices, to see if it is of any use to me. I won't say anything to the third group, because they won't listen to me.

With all this I don't mean to say that I haven't found anything which has drawn my attention and which has helped me in my search for answers, but that it has been outside the official explanation where I found the clues. Precisely what interested me most were the life experiences of other people. Those were things that allowed you to explore for yourself. If someone else had done this before me, maybe I could also do it. Two things especially drew my attention: astral travel and the life of a certain Jesus of Nazareth. That name rings a bell, doesn't it? I am not talking about what the church says about him. I have done a lot of research, from different sources, official and unofficial, religious and secular sources. They all agree about two

things: that this man really did exist and that what he said and did had a great impact on humanity. What was it that drew my attention? It was his message: "Love your enemy, love everybody". You can't tell me that in a world where people and nations were in constant conflict for almost any reason (almost like now), where gods from all religions were used to justify any intention of conquest and war, the fact that someone should appear with such a revolutionary message against all current tendencies would not draw attention. Not only that, but that he also followed his own example. In other words, it was not just all talk, as we are accustomed to with our politicians, who promise you the earth and then do exactly the opposite to what they say. But so much has been written about him afterwards, by other people who were not him and who didn't even live alongside him! How can we find out what really happened?

What exactly did he say and what didn't he say? That intrigued me.

I'll put the issue of Jesus aside for now, as you will see it will come up again later on, and I will talk about astral travel now. I read about it in several books by several authors. These books affirmed that you can separate yourself from your own body, using certain relaxation techniques. That is astral travel, separating yourself from your body. Incredible, isn't it?

Being able to separate yourself from your body was not the only fact that attracted my attention. People who had done this also affirmed that, in that state, they were able to do amazing things, such as being able to pass through objects or travel almost instantly to wherever their thoughts wanted to go. And not only that. They found themselves in an expanded state of consciousness in which they understood perfectly the purpose of life and what we are doing in this world. This last point really interested me, it interests me a lot. Maybe that could be the key to finding answers to my questions. I didn't have much to lose. I thought: "The worst thing that could happen is that nothing happens". So I went for it. Every night, before going to sleep, I did the relaxation exercise. I did it for a month and nothing happened, that is, I wasn't able to separate myself from my body. But that doesn't mean that I didn't feel anything during the relaxation. I liked it. What I usually felt was a vibration in the soles of my feet and then this vibration went up to my legs to the point that I couldn't feel my legs anymore. One day, that vibration moved all the way up my legs to my trunk, neck and head. There came a point when I didn't feel my body any more. Only a very pleasant and intense vibration. And then, it happened. Suddenly, I felt as if I was moving through a tunnel at an incredible

speed. It was an unbelievable feeling. I have no words to describe it. In a matter of seconds, I felt like I had travelled millions of kilometres at enormous speed, but without feeling dizzy or nauseous. Little by little, the speed decreased and I could see where I was. It was an incredible place, like something out of a fairytale. There was a lake surrounded by a very beautiful landscape, which I have no words to describe. Everything, absolutely everything, was rapturous, the colours, the smells, the sounds. I felt it so intensely, as if I were part of it. You could breathe in an indescribable feeling of peace. I was so fascinated by everything that I was living and feeling that I couldn't stop to think. That is when I felt that I was not alone. There was someone sitting on a stone near the water. I wanted to approach him and I don't know how, suddenly I was there beside him. In that state, it seemed that just by wanting and thinking, things would happen. I felt that he was waiting for me and that he wasn't at all surprised to see me. He was an old man, his hair and his beard were long and absolutely white, but he didn't seem to have any of the physical problems that we are used to seeing in old people. He was wearing a kind of white gown tied with a rope around his waist. But that was not what most drew my attention to him. What drew my attention to him was the way he looked at me, such a marvellous look that I don't think I will ever see in this world. So sweet, so penetrating, so clean, which transmitted a feeling of indescribable tranquility and peace. It may seem strange to you, but I felt as if that unknown old man filled me with love with his look, to the point that it made me feel so good that I didn't even think how weird the situation was. From now on, I will try to reproduce the conversation we had, that first time and all the other meetings that I had with that marvellous old man, who responded to the name of Isaiah. Those conversations which have helped me so much and have changed my life so much, so deeply and for the better, so much better that I want to share them with you with as few interruptions as possible. I prefer them to be his own words, without my interpretations or impressions, so that you may reach your own conclusions.

Make yourselves comfortable, the performance is about to begin.

FIRST CONTACT

He spoke to me first. He took my hands and invited me to sit down with him face to face:

Welcome. I was waiting for you.

For me? But I don't know you!

I know you, but that doesn't matter now.

I am... Where am I? How did I get here?

That doesn't matter now either. You'll find out later.

And who are you?

Call me Isaiah. Although you don't remember me right now, we have known each other for a long, long time.

And what relationship have you and I had?

Consider me as your older brother.

I don't remember ever having met you.

That doesn't matter now. Use this time to ask me important things. Didn't you have some questions?

Questions? What questions?

You don't remember now? Those profound questions that you have had for a long time and that you haven't found the answers to.

And how do you know that?

I have already said that I know you. I know your inner nature very well, so ask anything without fear, you are totally free here.

I am bewildered. This place is so wonderful. I feel so good here! It's so different from the normal world! I feel so peaceful, so full of... I don't know how to express it!

So full of love.

I don't know... because I have never felt like this in my life before. But it's wonderful.

That's normal. It's your first time, your first conscious journey here in this life. But please, let's make the most of this time. Reveal your most profound questions.

I don't know where to begin. I often feel empty, lonely and misunderstood. Why does this happen to me?

That's normal and it happens to a lot of people. That's because you live in a world with a great need of love, with your backs to each other. It's true that you can feel lonely in the world, even though you may be surrounded by people, because the feeling of loneliness comes from not feeling loved, from not being understood. Most people in your world have become used to living like that, without feeling, lonely inside and without real love. You all think that you are alone, because you haven't yet realised that you are all brothers and sisters, that you share the same destiny and that you need one another to be able to reach that destiny.

And what is that common destiny that we have to reach?

Real happiness, that you can only achieve through evolution in love. Love is the only thing that can fill that emptiness inside. Is there anything that especially troubles you?

The fundamental question that constantly haunts me is, why do I exist and what for? Why was I born? Have I come here to do something? Because I don't know what I have come to do.

You have come to evolve.

What do you mean by evolve? Evolve in what?

The transformation process of egoism into love is what I call evolution. Evolve means learning to love.

You talk about evolution in love. But what I see in the world is not love. Why all the suffering? Why do we live in a world so full of contradictions, from the most beautiful things to the most destructive and atrocious? Hatred, wars, hunger, extreme poverty, suffering. I can't understand what sense all of this has. Does it have any sense, or am I looking for it but there isn't any?

Yes, there is a sense to it all, to evolve. All those disasters that you mention, all have the same origin, lack of love, let's call it egoism. Just as the combined egoism of each person can turn the world into a real hell, as is happening now, when that egoism transforms into love, the combined love of each person will transform the world into a paradise. It's in your will to transform yourself internally from egoism into love and if you achieve this inner change, then the outside, all that surrounds you, the entire world, will change as a logical consequence of this. The physical world in which you live is there to help you experience that

transformation process. It's like clay for the child who wants to learn how to model.

I still don't understand. Evolution for what purpose, towards where? What is the sense in making all that effort if, in the end, it will all end in death.

The evolution of each being towards a greater capacity for loving, feeling and knowing, towards greater levels of happiness, is never ending, otherwise it wouldn't make sense.

What do you mean by this?

That the being never ceases to exist, in other words, it is immortal.

How can you say that, when we see how thousands, millions of human beings are dying every day?

What dies, is only the vehicle that those beings use to manifest themselves on the physical plane, that is their physical bodies. Their essence and their conscience continue to exist.

By this do you mean that there is life after death?

Yes. What I actually mean is that death doesn't exist and what decomposes is only the vehicle that the spirit uses to appear on the physical plane.

And what is the spirit?

The spirit is the being that exists, lives and feels. It is within the spirit where the individual will and conscience reside, which are never destroyed. You are a spirit. All of you, all humans, are spirits. You are just attached to a physical body for some periods of time, which we will call incarnations. You think that you are your physical body, but this is just the garment that you need to be able to act in the material world.

Let's see if I have understood correctly. So you mean that the spirit, or rather us, can exist independently of the body?

Yes, and that is what happens after death. The spirit is completely separated from the body and continues to exist, to live on.

And can't the spirit die?

No, the spirit is immortal. Spirits can evolve, change for the better or stagnate, but they can never be destroyed.

Right, but what proof do we have that there is life after the death of the body? As far as I know, nobody has ever returned to tell us about it.

Excuse me for contradicting you, but that assertion is not totally correct. There are thousands of testimonies of people who were clinically dead and were resuscitated. Many of them remember having lived through some pretty strong, and for them, real experiences during the period in which they were physically dead.

And couldn't these experiences that they describe be hallucinations as a result of the highly critical state they were in?

Well, then it must have been a collective hallucination in which they all agreed to hallucinate the same thing, because all these people are telling the same story.

Well, I sometimes wonder whether my own existence is not a hallucination...

In order to hallucinate you need to exist. There is a saying of one of the thinkers of your world which says: "I think, therefore I exist ". I would add: "I feel, therefore I exist".

You can have doubts about the existence of other people, because it's not your own experience. But you can't have doubts about what you yourself experience, and you live and experience your own existence by yourself. Whoever has lived and felt this experience has no doubt that it is real.

And what is that supposed communal story that they are telling?

The separation from the physical body and the vision of the actual body from outside. The sensation of travelling through a dark tunnel, at the end of which an intense light is perceived. Meeting relatives or friends who have died previously. A dialogue with a being of light. The retrospective vision of life itself, even experiencing the return to the body, with a subsequent change of vital values and a new perception of the phenomenon of death. They are people who are not afraid of dying, because they have already experienced the fact that life goes on and that what is coming next is much better than what they leave behind.

Well, I think that they are impressions that continue to be subjective.

When you analyse them separately and superficially, it is very easy to discredit these testimonies. But when some phenomenon is repeated, with such similar characteristics, no matter which country, which culture or previous beliefs, whether adults or children, I think that at least it warrants serious study. There are very serious and renowned researchers from your world who have dedicated themselves to making a thorough study of these near death experiences and to

collecting testimonies of these people, such as the North American psychiatrist and philosopher Raymond Moody, or the pediatrician and researcher of neurology Melvin Morse, amongst many others, who have worked with children who have had this kind of experiences. I recommend that you read his books "*Life after Life*" and "*Closer to the Light*".

Even so, it seems to me to be a not very consistent basis, almost arbitrary, to be used as proof of the existence of life after death. Proportionately, there are not many cases of clinical death and resuscitation, in relation to those who die and don't come back.

There are many more testimonies, precisely from dying people, who are in the process of definite separation from their bodies, what you call death, because during this process many affirm that they can see and converse with their loved ones who have already died or other beings of light who prepare them for the transition to the other side. In almost all families there is someone who remembers a similar testimony of a deceased relative. But normally people think that they are hallucinating. Again it seems that everybody who is close to death agrees to hallucinate the same thing, in all parts of the world. There have also been many experts who have dedicated themselves to a serious study of this matter, such as the prestigious psychiatrist Elisabeth Kübler-Ross. I suggest that you read her book "*Death: The Final Stage of Growth*".

But all these cases are people who are physically alive, even though they have been close to death.

There are also testimonies of people who have contacted beings who are not incarnate, more often recently deceased loved ones, who say goodbye to them in very vivid dreams or who appear at the foot of their beds. This is also quite common, although it has not been researched so much.

Even so, I think there should be more solid proof, not just limited to the interphase between life and death.

There are mediums (sensitive people) who have a more frequent and lasting contact with the spiritual world.

This seems even harder to believe.

Don't believe anything without prior evidence, but rather study it, analyse the messages received, because the quality of the message will tell you what the author is like.

And how do we know that this is not a fraud, in other words, that the supposed medium is pretending to be the deceased person when it is actually the medium?

Fraud is always possible. But just because some people falsify money, it doesn't mean that all money is false; likewise, just because some people pretend to be mediums, it doesn't mean that all mediums are impostors or opportunists. The best guarantee against fraud is for mediums to be honest in their daily lives and not use their gift for personal gain. There are many more mediums with some kind of innate gift than you think, which has been awakened since childhood. But because of the rejection and lack of understanding they generally receive from their surroundings, they tend to repress it and the few people who are able to develop this gift appropriately and use it for the common good, use it in a very discreet way, so that they won't be the subject of ridicule or disqualification which could be prejudicial to their daily lives.

Why are some people mediums and others not? What does this depend on?

This depends on the evolutionary programme of each spirit. Being a medium is a condition which you choose and know before incarnating, and when used correctly, it helps the gifted person to advance more quickly in their evolution through the help given to other people. It is very related to the acts that the spirit realised in other lives.

So do you mean that we exist as spirits before being born and that we have lived other lives?

That's right. In actual physical life, the circumstances and tests that spirits encounter are closely related to the decisions they made in other past physical lives and during the period of life in between incarnations, when not connected to a physical body.

What proof do we have that past lives actually exist, I mean, that life exists before birth?

There are testimonies of people who have memories of past lives, which can be spontaneous (especially in children) or induced through regressive hypnosis. There is a considerable amount of bibliography about this. Regarding memory in children, I recommend that you read the work of Ian Stevenson, a Canadian psychiatrist, who studies cases of the supposed reincarnation of those young children who "remember" a "past life." He has currently researched more than 2500 cases of possible reincarnation all over the world. He has published

over 20 books and several articles in specialised Psychology and Psychiatry magazines. I recommend that you read his book "*Twenty Cases Suggestive of Reincarnation*".

Couldn't that be a result of their imagination?

I admit that some cases could be the result of a vivid imagination or of a psychic alteration or for some other reason, but there are many cases in which people remember very specific details of a past life which have been historically confirmed. They remember places, events, names in great detail, many of which occurred in countries where the person has never been in this current life. The most striking cases are those of small children who suddenly start speaking a foreign language which they have never heard in their current life, this being a memory of the language that they spoke in their past life. They are usually children between 2 and 4 years old, who start talking to their parents or siblings about a life they have had in a different place and in a different time. The children are usually strongly attracted to the events of that life and frequently insist that their parents let them go back to the family where they affirm that they used to live.

Well, children have a lot of imagination. It is hard to believe these testimonies.

It is a prodigious imagination then, when whatever they "imagine" is proved to be true. On the other hand, there are many cases of adults who remember past lives when submitted to regressive hypnosis.

Couldn't it be that that supposed recollected life is the result of the imagination, suggested by the hypnosis itself?

I repeat again. Accepting that while there may be cases which could be the result of a vivid imagination or for any other reason, there are many other cases in which people remember very specific details of a past life which have been proved historically. It is also striking that many people who don't accept the existence of reincarnation, because it goes against their religious beliefs, do remember events from past lives when they are subjected to regressive hypnosis. But all that requires serious and exhaustive research, to be able to separate what could be suggestion from what is a possible memory of another life. Many serious researchers have dedicated themselves to exploring the possibility of the existence of previous lives through answers from people submitted to regressive hypnosis, such as the psychologist Helen Wambach, author of the book "*Life before life*", or the psychiatrist Brian Weiss in his book "*Same Soul, Many Bodies*", or the already previously mentioned Raymond Moody in his book "*Coming*

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