

Words from the book
“The lost sermons of Jesus, revealed”

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1. Abstinence helps you and is one of the reasons for happiness and enlightenment. Like laws have been made to protect your liberty, so is abstinence to your indulgence – it protects you! It takes a moment to abstain from some evil but gives you a lifetime of relief.
1. The time span between one’s birth and death is so short that the abuse seems to last a very short time and the repercussion of the abuse remaining with the abuser for ever until his death.

1. In reality, happiness and peace are the outcome of acceptance. The courageous as well as the coward accepts defeat but the view points of both are different. The courageous accepts his shortcoming and appreciates his opponents' prowess while the coward finds several excuses to cover up his faults and weaknesses, he hides the malice against his opponent, waiting for a chance to strike again when his opponent is unaware.
1. Take heed when you talk, for evil prevails in acrimony. Stop before you open your mouth to reply or comment, for God has given you wisdom to compose and calibrate your sentence before you utter it. A moment of engaging your mind before accelerating your tongue could ward off unpleasant situation. Acrimony gives birth to animosity. Living with animosity erodes you from within. In time, it shows on your personality. You regret only while death is about to gather you. Let not this happen to you.
1. The pleasure of this deed is extremely volatile and temporary, but the guilt is tenacious and permanent. A restraint in your mind created in a fraction of time could ward off repentance for the rest of your life!
1. There are also those who preach ways to happiness and health. Behind the curtain, they are those who never ever followed what they preached to their audience. They are people far from their appearance and attire. Their advice is good but their intentions are damaging. Once into their advice they rule your mind.
1. The seed by its gene gives the colour and unique features to the plant while the land helps in growing and nurturing. When people eat the fruit of the plant they remember the land from where it came from, the seed forgotten.
1. Air, you can feel but cannot see. Air has life, life that is waiting to be born on this earth as man or creature. When you are born, you breathe air, when you die, with your last breath you release the soul in your body that kept you going so long. The soul remains in the air, and that is what makes the air lively.
1. You distributed alms to those who came to you. You earned your money the hard way but you unknowingly gave away alms to some of those who never deserved it. They squandered your money in spirit, and gambling. Again, they came back for more, praised you, and blessed you from top to toe. You were pleased and flattered by their humbleness and generosity of words and showered them with alms. They again squandered your hard earned money in drugs, spirits, and gambling. Lo! Their frequency irritated you and you found excuses to turn them away. They were not your well-wishers anymore. They designed ways to get to your wealth and spoke badly of you to people.

1. Those you call animals are, in fact, communities of living creatures like you. You are born; they are born too. You breathe; they breathe too. You have emotions; they have emotions too. You live and then die; they live and then die too. You are afraid to lose your life; they are afraid of losing their lives too. Each one of you find your life precious and therefore, protect it from coming to any harm; they too find their lives precious and therefore, protect it from coming to any harm. You feel the pain; they too feel the pain. You eat and drink; they too eat and drink. You protect your offspring; they too protect their offspring.

1. Contradiction in finding the truth leads to what is real and what is false. Contradiction is healthy when the truth has to be established. When the truth is established myth is cleared, when the myth is cleared, truth prevails, and when the truth prevails, reality, peace, and happiness are found.

1. Do appreciate what is true and real in your world. Appreciate all things, all people, and all their work that touches your life and provides you with comfort and pleasure. Appreciate all that God has offered you, like water, air, earth, and light. Appreciate your five senses, colours of the spectrum and the three dimensional world that you live in, for, even if you do not, you cannot rid yourself of it until your death. This is the truth and truth is one road to happiness for you. Accepting and appreciating will only keep you happy as long as you live.

1. When in a group and collectively, such army of men could be a threat to the society as they are people with an aggressive mindset and armed with weapons enough to submissive the society of people around them. They could themselves be predators in the garb of saviours.

1. Pleasant aroma which may be important to man's pleasure and connect it to luxury and good time, unpleasant aroma is, in fact, much more important to mankind in all spheres and at all times of his life, it acts like an alarm for decayed food, poisonous and lethal chemicals, and all unfriendly materials which may be harmful to mankind. The unfriendly and unpleasant aroma saves mankind from impending disaster. This is the truth man must learn to appreciate about the unfriendly and unpleasant aromas.

1. Ash could be of various types, some turn into smoke. Some into soot and others of heavy type remain as ash on the ground. Ash is the ultimate change of the form, from what it was before and what it will turn into later. In this entire universe, what will ultimately remain is ash and ash shall be invisible. There would be no life to see such an ash turn invisible in the long run.

1. Man will one day set up cities and workshops beneath the earth to harness the particles and to learn more about the past, in the process releasing energy that will split the earth, ending what was once their home.

1. Those who slept throughout their lives drowned themselves in pleasures and luxuries of life were fools who wasted their lives knowing nothing. Their souls were empty and their minds wanting of richness of thoughts. They slept all through their lives and never felt the need of knowing the realities. When death knocked at their door, they were afraid and reluctant to part with their mortal remains for they only knew the world materially and their souls were wanting of the hard realities of life.

1. People go to battle in the name of religion. When ideologies collide, it turns into a battle for imposing the ideology of the one stronger. It has nothing to do with who was right or who was wrong. The right or wrong is by the strength of the opponents and not on the merit of the case; is this what you call civilisation? It is animalistic!

1. If man came closer to these beasts and reptiles, one day, maybe, these creatures would not be so harmful and hostile. For these creatures, offering them food and shelter would mean a lot and in the course of time it would adopt itself with mankind. Their offspring would grow up in the surrounding of mankind, accepting mankind as their masters. This way man and beasts would come closer and minimize the danger aspect of the beasts.

1. Everyone is a believer. Some believe in one God, others believe in many gods while many do not believe in the presence of any God in their lives, but they believe in themselves. However, those who believe in themselves while believing in his Lord are people who believe, in reality, reality that shows the path to truth. Truth is what leads anyone to peace and happiness. Hence, it is imperative man believe in himself and seek strength from within his own self. He should commend or blame himself and his deeds for any good or bad that happens in his life instead of praising or blaming God for his actions.

1. When you learn to keep life simple and as natural as possible, when luxury, anger, stress, medication, unhealthy lifestyle cannot touch your life, this is when you have conquered your enemies within you. This is the beginning of all things good for you and this is the beginning of a stage called “conquering your mind”. When you reach this stage in your life nothing adverse can touch you, temptation will never conquer you anymore.

1. Your thinking, eating and living conditions change the composition of your blood. All your diseases stem from the inability of your blood to defend your body and all your good health stems from the ability of your healthy blood in defending your body.

1. You need to remember one thing; youth never returns while old age never leaves you. So the temporary hectic lifestyle and glamorous habits will only add to your misery while all healthy habits will reward you with a blissful old age. If you can run and skip at 60 and compete in lifting weights with children half your age, how would you feel? Maybe, someone somewhere in this world may even want to part with his entire fortune to be able to turn the clock for him to skip, jump, and run. He can only regret his actions and his past lifestyle. Now there is no help for him.

1. When you seek bounty in each and every little work you do for others, you are rewarded with diseases and sleeplessness. This is the universal rule for those who look for bounty in every little work and at all times. This is the universal rule for greed and hunger for material things in life. You become strong economically but weak spiritually.

1. Shun this practice of dividing men by the name of religion and embrace brotherhood instead, all for the sake of your posterity. Let the coming generation enjoy the peace and happiness of this world, something that you people deprived yourselves of, for so many centuries.

1. Researchers spend millions on making new products. It may work fine on a certain group of people due to their eating habits and living conditions but the same product may become harmful and counterproductive to another person in another country, this factor is to be borne in mind while launching any product in another country with different culture, weather, living conditions, and race.

1. Buying and selling on good faith, trust, truth and of own free accord will see through prosperity of both the buyer and the seller. This is the spiritual path to trading, where materialism dominates every step.

1. Foolish people live and die in the cage of this three dimensional world without realizing their limited movement. Enlightened ones care little for the worldly ways, and its few acts play each day. They die without much regret.

1. Unless one faces challenge, one cannot correctly update one's skills or measure his prowess. For a challenge can only let one measure one's ability, talent or skill against the other.

1. Changes bring happiness and sadness. Man generally grows used to certain ways and to some people, with change and loss man suffers emotionally. Sometimes, changes bring happiness when, for instance, a monarchy is replaced by a public oriented government.

1. Infants come like a clean slate after paying for their bad karma in their past lives. As the infant grows, he commits mistakes and goes about doing bad and good karma complicating his life with trial and error in whatever he does. By the time he is ready to leave this world, he has many complexities in life, diseases, foes, friends, and the results of good and bad karma. This is when men should stop living, leaving the earth to rid him of all the misery and be at peace. Someday, somewhere he will come again on this earth as an infant and repeat the process of growing up and complicating his life *unless he awakens and enlightens himself*.

1. It is strange; citizens of the countries are themselves the traitors. Selling vital information and putting the country's security to jeopardy. However, have you ever heard, one being guilty, their citizenship stripped off? The citizens remain the citizens, like the relationship of any father and son. Even though the father may disown his son and punish him for all the bad deeds the son may have committed but he still remains the son of his father.

1. Colours have made such an impression in peoples' mind that their colours identify certain religion, nation, and political organisations. This is so childish and naive. Colours are universal and for everyone. You cannot imagine certain religious people in other colour robes or outfit. You cannot imagine rival political organisations having same colour flags. Some countries look down upon colours that denote the flag colour of their enemy country. What does colour actually have to do with the mindset or the ideology of its people? Nothing! Yet the feeling is so strong that it could change the situation for the worst.

1. Learn to be spiritually strong and enlightened. Read the book of commandments that lies buried within your heart. You are unable to look within yourself where the treasure lies buried, how will it help you hunt for it on earth? Earth may give you so much of the natural resources which you convert and finish it into material goods for comfort and pleasure. Nevertheless, the pleasure and comfort that you get after listening to the treasure

that is within you will bring eternal peace and joy that no amount of earthly comfort may bring you.

1. Man is yet to learn other ways to communicate, like communicating with the dead and the departed souls. Communicating with the plants and vegetation and with other sentient fellow beings of the world is also possible. Even today, man is a poor communicator. In millions of years gone by man has failed to communicate with anyone but himself. Man has ignored this area of communication, which is vital in discovering nature further with the help of other lives, dead or alive.
1. Division amongst communities since man began their search for land, food and wealth has only brought miseries in terms of loss of lives, wealth, property, food, and environmental conditions.
1. For every man and creature on this earth the pain and suffering begins at birth. Survival and death are two major worry for each living being. Dogs or cats on the streets and in the back alley struggle to survive and hunt for food for their litters. Watch human being survive famine and flood. Your Lord sent you to ease their misery, one day your compassion would pay you off.
1. Complain is a part of truth and reality, the consequence of which is unhappiness. This is the negative side of truth and reality. Therefore, complain when neglected brings unhappiness. Abhor and shun complaining, instead try solving it, bringing happiness to your lives.
1. Greater the use of conscience, closer you come to your Lord and earn his respect. Conscience is a part of the God which He endowed upon you. It is a part of being the highest species that you so comfortably label yourself indiscriminately.
1. This world runs and performs on consequences. Consequences are the results of all the actions and happenings all over the universe. Men are products of consequences. Consequences are unstoppable, consequences are here since the time the universe existed and will continue till the entire planets, and stars will crumble down and disintegrate into nothing. Consequences are a continuous process
1. To convert into another religion for the sake of seeking peace and happiness will in no way improve your spiritual condition, for you are and have already built a karma bank, which is giving you the results of your past and present activities. No religion can offer you peace and happiness, albeit temporarily impressing you with their rituals and talks. Religious

talks are empty and mostly void of logic. You remain what you are and you can seek happiness and truth only with your deeds and thoughts. If all religious people were happy then this world would not have been in such misery, stress and turmoil, for most people in this world follow some religion each one claiming theirs to be righteous.

1. Each corpse tells you a story of his lifetime. Corpse is still, stiff and in its original form. If you spend time with the corpse you can read through them, learn through them, and brace yourself for your last days on earth.
1. The cosmos is a bundle of supreme energy and a fraction of the God's architecture. The cosmos is a mystery to you and let it remain so.
1. Country is manmade and eye-wash for convenience. God made the earth for all of you without any demarcation.
1. Sometimes man forcefully acquired the region where weaker section of the people survived. They destroyed their habitat, built their own bastion, gave a name to their country, and called it their very own.
1. He also created evil for you. Amongst you are evil people and evil doers. They are His creation and He allowed them to mingle with you. Let them carry on their mission; you refrain from mingling and following them.
1. You always stoned and hit the diseased dog when it came to your door to beg for food. You hushed him away even though you had food that you would throw in the bin. You advised others too to hush and stone the dog. The dog cursed you while dying in misery. You got rid of the dog but you got the disease in your skin that burnt furiously and when you went to pass urine, your urine burnt your passage like fire. Gradually you lost both your eyesight, slipped, fell, and broke your bones. You became a bundle of flesh, bones, and the pain and suffering became unbearable, and then you begged your Lord to end your life. You suffered the pain; you soiled the bed and eventually died to everyone's relief. You died without dignity, a gift from the diseased dog to you.
1. Death may be of your body or death may be of your mind and soul. When it is your body, you leave your remains in this world but if your soul and mind is dead in your living body, you are dead before your death. You do not remain a human because you are void of

compassion, love, reasoning, kindness, and remorse. You remain detached from your Lord and lose all your spiritual qualities.

1. Oh my people! Keep away from the enticement of possessing money or goods that is not yours and that which you may not be able to repay or return for sure, in this lays your dignity and respect. One moment of weakness of mind may lead you and your entire family into the vicious debt cycle from which you may never get respite easily. Such situations could damage your reputation, mental health, family life, and social life beyond repair.

1. Then your desire grew to calm your biological needs. You asked your people to send in a few virgins who could dance in the temple, calm the demons, clean them, and be the slaves of the Demons. Your command got virgins into the temple. You abused the virgins by night and made them your slaves by the day. You showed them the ways you could harm them if they said a thing to the people.

1. Man is a slave to desire. Since the time he was born into this world, he craves. Even as a child, before he learns to talk, he gestures at his desire to possess things. When he grows older, he expresses his desire to his parents. When he is grown up, he still desires. When he is old and withered, he desires to get back his youth. Before he dies, he desires to live a little more. The Lord made you good but you turn pathetic. See some of you closely and you will see disappointment and unfulfilled desires since man was born.

1. You always believed that God is responsible for your prosperity or misery, that He control your future and your destiny. When man meets with any misfortune, you call it fate and hold Him responsible for it. When you go to any fortune teller, he predicts your rise or fall and provides you with details on the precautions that may be taken to avoid pitfalls. Amongst men, there are twist and turns in one's life. A poor man turns rich or a rich man turns poor. A man meets with an accident and dies, you regard it as fate. Man otherwise unknown turns famous overnight you call it destiny. What would you call when a rich person takes a stray dog into its care or a creature meets with an accident and dies prematurely? How will your fortune teller prevent the creatures' misfortunes? Is that the destiny of those creatures? Let me give you another example- When a batch of carts are sold to different kind of people, some are maintained very well, others are mishandled in some far off poor countries and a few meets with accident or crashes. These are non-living things, then how would your fortune teller predict their future and how would he prevent its misfortune? Does not all your ignorance show up now?

1. Mankind always associate destruction with something negative and non-constructive. However, destruction only allows new ways to be constructed. Unless something destroys, new form will never get a chance to come in its place. Therefore, destruction in a way is a natural process to allow the change in forms from one material thing to another. When something destroys, one should remember and have solace that the destroyed form will one day take another form and present itself in the planet. However, the construction or re-birth of such destroyed form will not be able to be located, in neither its new form nor the location of its birth and growth.
1. When you go by your tongue only, you feel the pleasant taste immediately on your lips but you cannot see the damage it is causing gradually to your entire system. When you go only by the taste of any meal rather than its unfriendly properties to your system, you are inviting disharmony in your physiological system leading to diseases eventually.
1. You can perform within your world of five sense organs. Even when you claim to use your sixth sense, you cannot use your sixth sense beyond the three dimensions, five senses and the seven colours of the spectrum and a mix thereof. Your entire world revolves around these limitations, physical and spiritual.
1. Discourse by people less knowledgeable and with a view to create hatred amongst mankind of different ideology is injurious and such people are the enemies of mankind and should be ostracised.
1. Look at those developments in medicines. Since early times, there were diseases and there were medicines. For each disease, there are more than one medicine for the cure. Time passed and new medicines and research in medicines got you newer and better medicines. Did you find any eradication in diseases? When one disease is eradicated, another and more severe one, life threatening, takes its place. With newer and better medicines come more severe diseases. To combat and cure diseases you need to perform only true actions, karma, or deeds, true thoughts and true feelings.
1. Dream is what you live in, day after day and year after year. It is only the dream that lets you live, otherwise life would be without hope and future. The irony is, hopes and the futures are all dreams. You drown in a cauldron of dreams that never lets you out of it. Did you ever stop to think that all what you think to be real are in fact dream that you drift in?
1. Economy of any country would only be stable if the citizens are honest in tax payments and learn to conserve energy and contribute towards the socio economic development

programmes. It is not just the government that can handle the economy all alone; citizens contribute towards the development directly or indirectly.

1. Why cannot all countries get together and educate the people of the world compulsorily? Had you done this years ago you would have reaped healthy dividend and people of your world would have been more rationale in their thoughts and activities. There would have been less violence and better interaction amongst people of the world. Remember, interaction makes better friends, more so, when you can converse in the same language. So pool in all the treasures of the world and spend it in educating people all over the world compulsorily and by force .So let all people of this planet interact with each other, for understanding creates brotherhood and brotherhood creates peace and happiness. Without education, communication is a far cry and without education, therefore, most people around this world are missing out on knowing and making friends with each other.
1. You thought embryo to be only a biological compound which goes to create a foetus. What you do not know is embryo functions also as a copy of the parental mood, diseases, health and other parameters at the time of its inception in the mother's womb.
1. Oh Emperor! Your empire is so small and weak that one stroke of the mighty storm, the lightning, flood, or fire will consume you in no time. Your empire is very temporary too. So many kings and emperors came and went, so many empires raised to the ground, and the emperors who ruled the empires fought many a battle. All were gone, only the greenery left. Yet you still take pride in calling yourself an Emperor and decorating yourself with jewels and ornaments. Oh Emperor! Don't you see for yourself that no empire ever lasted for long? Some perished in the ground by natural calamity, the enemy battered some, and some ended with epidemic.
1. The Lord created this world for you sentient beings and provided vegetation and minerals for your use. You will end this world by first destroying the vegetation and minerals and then yourself. You will turn this world into a ball of fire, turning your existence into dust and into nothingness.
1. The power of togetherness of a family is one of the greatest powers that the Lord gifted to you with. When the family is steadfast in thick and thin, that family will prosper and earn respect, while those who will undermine each other will gradually cast away in oblivion leaving no trace of them. People will remember them with disrespect and an example of unfortunate people.
1. To correct someone and not to offend him, the best way is to set your own example in his presence, quickly you would find the person learn to accept the correct way.

1. Feasting is an occasion that man must make enjoyable and memorable for all. Feasts and celebrations are the responsibility of the host, the host must ensure the choice of clean food, guests, and environment to make it a success, it brings happiness to all!
1. What you call filth may be food for the scavengers, the insects, and pests. It is customary for all living beings of this world to select their ways. What may be filth for one man may be clean for another, while, filth for mankind may be food for other living beings.
1. You will one day create your own fire of destructions. There will be loss of life and property. There is disappointment and misery. There is nothing good about this kind of fire created by mankind.
1. Creatures look to men for protection. If none ate of the flesh then none would slay them for profit.
1. Food, unfortunately, kills you when you eat it as an alternative to your lost joy and disappointments in life, under the influence of depression.
1. These fortune tellers have ready answers to all your questions. When you tell him, in spite of wearing the expensive stone that you purchase to ward off evil you fell in your bathroom and hurt your knees. Quick will be the reply; the lucky stone weakened the evil force, which may otherwise have harmed you further. If you tell him that nothing good or bad is happening wearing the stone, he will definitely tell you that much bad was supposed to happen to you; all is well due to the stone you wear and its positive effect on you.
1. It is strange; man goes all the way to build a mansion or a machine with such painstaking foundation plans and layouts, which lasts a few generations. The universe with all its planets and stars are the example of constructions without any foundation whatsoever. The universe is there to stay while many a world will come and go.
1. Man is always afraid of the unseen. Man therefore, is afraid of what the future holds for him. Man has little confidence when it comes to his own future. This is why man turns to clairvoyance and hangs his hopes around the predictions, which may never be true.
1. It is not necessary for one to be generous in offering cash or kind only. One can be generous in offering knowledge, service, time, love, and help.

1. Everyone loves to receive gifts. Receiving gifts sometimes embarrasses you, sometimes it moves you, and sometimes it disappoints you. Whatever it may be, gifts always leaves one moved either in giving or in receiving.
1. Did you ever notice that some people are pleasant and always favourite to others in the society? Such a person always keeps good habits and they are not a threat to the social gatherings, in fact, they make the gathering livelier and pleasant. All are happy with such people having good habits.
1. There is no specific rule to worldly happiness because one's happiness does not depend upon any specific principle. One man may find worldly happiness in troubling others while another man may find happiness in taking away the trouble of the others.
1. The major causes of disharmony on this planet is religion, sacrificing animals, disrespect to living being, mans' passion and undue desire and unfriendly inventions. Like in any machinery, mankind are like billions of gear and pinion on this earth, if one gear or pinion is in disharmony the entire living being suffers and the mechanism of this planet works under stress. Man in millions of years on this planet has broken unaccountable teeth of his gear and pinion and put in unaccountable mismatching gears and pinions, on this otherwise harmonious planet and its working, due to which we now live in total disharmony, which relates to misery and suffering. With the passing of time, man is in competition with each other to promote their religion, invention, and territorial control, showing utter disregard to the harmony on which this planet is thriving. Man is ignorant, ruthless, comparable to only unfriendly bacteria that thrives and destroy whatever it lives on.
1. In the jungles and in the woods, in the valleys and in the plains your Lord sent you herbs that may be useful in healing your diseases.
1. Healing your body is simple and need no money at all. In fact, when you get into this project of healing your body, you save money, time, and energy for better things to do now and later. When you simplify your ways of living, you immediately start the healing process. Smoking, alcohol, rich food, and night life all add to the dark circles under your eyes and gifts you that ugly pot belly. Gradually your personality and appearance gets to become unhealthy and weak. This is when evil people scan your personality and pressurize you in doing things that you may never like to do, for they know you are weak inside as well as outside. Except disappointments and woes, you have nothing to gain out of this ignorance.
1. You are an ignorant when you try and follow the footsteps of others without knowing the consequences. You are also ignorant when you join in an argument without fully knowing the subject of the argument.

1. Your Lord made you from the particles of this world and those particles in truth are non-existent. The entire universe and your world is made of such particles and in time those particles will disintegrate and become a part of this atmosphere and there would be no trace of you, your wealth and all those you touched, heard and saw. What will remain will be the empty space of the universe with invisible particles of the lost world, as if nothing ever existed.
1. Infants, like other creatures, do not have mouth to reveal the mystery of the creation that is awaiting you after you leave this earth.
1. Your inner voice is your religion, your protector, your advisor and your guide for ever. It helps you come out of difficult situations, it allows you to take correct decisions for which you are happy in the long run, and at every step, it keeps telling you the dos and don'ts in life. It is up to you how much you can hear it and how much you ignore it. Your inner voice is always active and always suggesting, it never betrays like the beat of your heart.
1. In the jungle, there is no law and order, yet the loss of lives is limited to the bare necessity for the predators. In man's world, in spite of having voluminous work on law and order, each and every moment such laws are disrespected and broken.
1. Once you learn to perform Good karma, you tread the path of self healing and positive energy. You heal yourselves and Good karma helps you in healing others too with the energy you release while performing such positive deeds.
1. You own land from end to end that you survey. You control your subjects and your word is the law. When you are in gentlemen's gathering you wear a crown, you decorate yourself with ostentation and have people in uniform all around you. You call yourself a King. Oh king do you know how small, weak and insignificant you are compared to this universe? How temporary is your abode and your rule in your land? You take pride in being the head of your land and with one finger, you signal your command. Oh King of the land! When the breeze turns into storm, the water turns into flood, and the earth shakes and swallows up your land, do you still stand and command the air, water, and earth to stop? In addition, do they stop? Your kingdom is as weak as a house of cards and the spider's web.
1. Knowledge that takes man and his world towards destruction is no knowledge. Knowledge that helps bring up good people and environment and reach a stage of enlightenment is true knowledge.

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