

ENLIGHTENMENT GIFT ONE



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We came to the planet to evolve, to reach and touch our highest selves.

To reach enlightenment is no easy path, but in the end the only truth that will ever survive.

I reached mine, late year 2019. After almost fifteen years of the absolute toughest path. And now I wish you the same.

I will try to guide you the best I can, in this small work. Where I only refer to my own spiritual path.

The way of life, is something personal to us all. And we can never compare our own personal truths, with the truths of another one.

Therefore, I will try to keep it very simple. By explaining the way to enlightenment, through small texts of my own.

I hope that the guidance, wisdom and inspiration will be a help for your own journey towards enlightenment.

We all are on our own journeys. Some have walked longer, some shorter. But, in the end they all walked on a soul path.

How can we ever deny that truth? If, life has not been anything else than a journey towards the true self.

I will now leave you with the Enlightenment gift. I hope that you will enjoy.

See you at the end of your own rainbow!

WHAT ENLIGHTENMENT IS?

In Hinduism and Buddhism, the highest spiritual state that can be achieved.

"In Buddhism, enlightenment (called bodhi in Indian Buddhism, or satori in Zen Buddhism) is when a Buddhist finds the truth about life and stops being reborn because they have reached Nirvana. Once you get to Nirvana you are not born again into samsara (which is suffering)."

"Bodhi, **Sanskrit** बोधि,[8] "awakening,"[9] "perfect knowledge,"[8] "perfect knowledge or wisdom (by which a man becomes a बुद्ध [Buddha[10]] or जिन [jina, arahant; "victorious," "victor"[11]], the illuminated or enlightened intellect (of a Buddha or जिन)." [1]

It is an **abstract noun**, formed from the verbal root *budh-,[9] Sanskrit बुध,[10][12] "to awaken, to know,"[9] "to wake, wake up, be awake,"[12] "to recover consciousness (after a swoon),"[12]

"To observe, heed, attend to." [12]

It corresponds to the verbs bujjhati (Pāli) and bodhati, बोदति, "become or be aware of, perceive, learn, know, understand, awake"[13] or budhyate (Sanskrit).

The feminine Sanskrit noun of *budh- is बुद्धि, **buddhi**, "prescience, intuition, perception, point of view." Wikipedia

THE OUTCOME

She was walking on a path, like none before. Becoming the queen of her own world.

She took one page out of a holy book and it said:

To be free, totally free. You need to be courageous. You need to have faith, like none before. You need to walk the straight path to God. You need to be strong and create a world of your own.

She took the page and put it into her bag. She was famous for walking her talk. And she saw the message, as a message from the universe. From God, himself.

She walked on a journey of her own for a few days before she reached a pathway.

If you go right, you go the crowd. If you turn left, you go alone. If you walk straight, you end up in the house of God.

She saw no other option than to go straight. To end up in the house of God.

When she had reached that house, God took up a sign and it said:

Journey completed. You have reached: enlightenment.

She was so happy to see that sign and felt proud of herself for have reached the highest spiritual state. She wished everyone the same. To walk their own journey towards God.

HIGHWAY TO ENLIGHTENMENT

The universe said: there are fifty ways to reach enlightenment:

1. You follow your own path.
2. You search within, to find your own answers.
3. You search within and follow your intuition and own gut feelings.
4. You search for answers and meet likeminded people along your path.
5. You search for the clues about your soul`s path.
6. You understand that your soul was born free, so you" delete" all limits within you.
7. You walk your own talk.
8. You are an honest human being.
9. You understand that everything is energy. And you follow the core of the universe, by following the flow of the universe.
10. You begin fresh new every day. And meet the outside and inside world, with a smile.
11. You understand and examine your own thoughts. And understand, that they can help you or destroy you.
12. You take responsibility for every action and situation, as you understand that you were the one to create it.
13. You destroy every fear inside of yourself, by meeting them with understanding and acceptance.
14. You understand that every situation, has a solution and a conclusion.
15. You take responsibility for the life that you are creating, by understanding everything about the: UNIVERSE.
16. You do not allow others to decide your soul`s path.
17. You put no limits on your soul.
18. You understand that you meet people, who attract your soul on the same level.
19. You understand that energy meets the same energy.
20. You understand that what you give out, you get back.

21. You understand your own souls' limits and work to solve them.
22. You understand that the "ego", was only man mind. There is no "ego" if you practice mindfulness.
23. You understand that your own thoughts, are only a mind process going on in the head. Therefore, you do not take your thoughts, serious.
24. You find the clues to your life process, and work through them to reach your own: enlightenment.
25. You understand that the universe is a kind place, that offers support to you on your life path every day.
26. You follow your soul`s path in thick and thin. And do not allow others to claim their rights on your own birth right.
27. You demand your soul rights at every given time.
28. You meet other people with kindness and understanding. And accept them, for whom they are.
29. You accept no defeat.
30. You act as a winner. As a champion. In every given moment.
31. You work through your: worries, doubts and fears. And solve them, one after the other.
32. You understand that your soul is free and whole at any given time.
33. When you feel "bad". You understand that you are not on the same energy level as your soul's path.
34. When it is easy. Then it is right.
35. You understand that you create your own reality. Therefore, you choose your own thoughts careful.
36. You create your own situations. Therefore, you understand that every soul had their own soul`s path.
37. You live fearlessly and follow your own soul dreams.
38. You follow your heart in every given situation.
39. You know what to do, when you meet different situations because you have learned to follow your own: evolution.
40. You understand that your mind, can be your own best friend or your worst enemy. Therefore, you choose to be POSITIVE!

41. You understand that everything is energy. Even the chair that you are sitting on.
42. Without lessons and tasks, the soul cannot evolve. Therefore, you choose your own evolution and grade.
43. You meet different situations to grow. Therefore, there is no situation that you cannot handle.
44. Love is the core of every religion and the universe. That is why, you create your own religion.
45. To understand others, you need first, to understand yourself.
46. No soul path can reach the light within, without meeting the darkness.
47. To reach enlightenment, is to reach the light within. And to reach that state, a soul needs to walk through different layers of the dark nights of the soul. To uncover the whole soul.
48. Enlightenment is every soul`s goal. To reach all their inner dreams.
49. Love is the solution to everything.
50. Reach enlightenment, by reaching every star within you.

What do you choose? Your own way or the way of others? Is, your heart full of doubts or are you taking the highway to God?

I am only here to guide you, on your own way. How does it feel in your heart? Heavy or empty? Full of energy or low energy? Sick and tired? Or, happy and glad?

I am only here to guide you, on your own way. How does it feel in your soul? Are you following your own path? Or have you decided to give up and walk the other way.

None can change your life, except you, yourself.

LOVE

When you understand the word universe. You understand the word love. Every time, you mention the word: universe. You are talking about God. And every time God speaks, he means: Love. They are all connected to each other. Without God, there is no love. Without the universe. God would not exist. And without love. None would be alive and well.

True wisdom comes from beneath the soul. The soul connection to the universe. Every time you speak kindness. It is the God inside of you, speaking in direct connection to the God above, but mostly out to humanity.

To understand love, you need to understand yourself. And when you have understood yourself completely you will understand others and all their motives.

The world is right now full of hatred, but also full of love. You yourself choose your own way and your own path to your own evolution. But you cannot reach enlightenment without seeing the darkness within yourself. Because, that darkness is also out in the world. Because you are the world and the world you, yourself. Two sides of the same coin.

The universe said:

Follow the wicked you and you have found right. And the world will notice a bright star. Follow your own way. What says deep in your heart. Do not become another copy of others and their ways. Follow your own path and your own way. That is the only way, where you will truly understand yourself. And by that, understand the world around you. You will evolve, only if you go alone. Go where no one has ever gone. Touch every star. Go and reach for your highest self. Become a queen or a king in your own world. Understand your own universe. Follow your own God.

Without understanding love, no enlightenment can be found. It is hard. Very hard to reach enlightenment, but to meet the highest darkness inside is the only way to go. To heal every scar and to heal every soul.

Healing comes through suffering of the soul, when the soul tries to reach enlightenment. Without suffering no enlightenment can be found. So, be true to yourself and heal every moment in time. Do not let the past, be your guide. Be a winner of the now. And throw the future away, except enlightenment. That is the only goal you want to achieve.

Sahar said:

Enlightenment is the gateway to heaven on earth. When you have reached enlightenment, all fears and suffering will fade away. True happiness will be found and joy in every place. The heart will heal from all the past and rest in love. The universe will guide its prisoners, to reach freedom. Because enlightenment is the hardest state for anyone on planet earth to reach. To achieve that, we need to be fearless and a lion of the soul. Strong as hell. A soul that knows no limits or boundaries.

- Enlightenment is every human being`s highest state, to reach. And to reach that. Every human being needs to go through living hell. To touch every hurt and to dig deep within the dark nights of the soul, to reach heaven inside. To reach every star.
- Enlightenment is every human being`s dream. To finally reach God. Because that is what enlightenment is all about. To finally be free from human prison and rest in peace.

LOVE BIRDS AT NIGHT

One dark afternoon, three birds were sitting on a tree gossiping about life. They said:

Why, are the human beings so shy? Why are they not talking to us? Why, do they just walk by? Have they forgotten all our beautiful songs?

The universe said:

To remember you, they first need to be quiet. They need to be silent. They need to keep their mouths shut. They need to open their ears and eyes. They need to be awake.

Buddha came by and said:

They need to choose loving compassion against all living things. They need to feel kindness against all living things. They need to show respect against the creation of God. What we all call the: universe!

The birds went on:

How come they don't feel our songs? If, they now can't hear them? How come their hearts can feel our beats? If, they now can't see them? How come?

Buddha continued:

To hear, is to see. To see, is to feel. If, they are now lost in their minds, far away. How come, they could see or hear the birds all the way? You need to be able to use all your senses to practice mindfulness, to hear the song of the animals and the nature. Without that song, your mind is elsewhere.

THE PATH OF THE SOUL

Every human being was born with a beautiful soul. God gave them two options. At the beginning of time.

Die or evolve.

If, we look at the situation in the world. We are all witnessing many dying, without proper education, knowledge, guidance, life support or any dignity at all.

Every soul was unique. God said:

Fly. Fly away every night and dream about your dreams. Fly away every night and support your soul`s path. Because the soul`s path, lies in every human being`s DNA.

The universe said in the beginning of time:

What you are here to do on earth. Is to evolve. To follow your true DNA. To find your own soul`s path and to follow your own soul and heart.

Allah said to Muhammed in the beginning of time:

What you are here to perform is all tasks of God. Help the poor and give them everything that you have. Fill the world with kindness and show all compassion. Be good and walk a straight path to the Universe. To Allah. Do not blaim all your circumstances on God. Let your soul lead the way.

Do, whatever your soul came to do. Can God change your DNA? No. But, you alone choose your way. Do, what is in your heart and follow your way.

THE OCEAN

I was walking by the ocean. When the ocean started to speak to me. The ocean said:

I have never seen you here before. What world do you come from?

I answered:

From your world. The ocean itself is I. And I am the ocean. There is no difference between me and the ocean. That is why God said: the creator of all. That is why I choose your world.

The ocean said to God:

Who created me? You or did I get created by my own?

God answered back:

I created you, dear one. Some call me: the universe. Others God. Some Lord. Others the almighty one. There is no difference between the names, as there is no difference between the Gods. All of them, together are the creation of the universe. All of them are the universe. All of them are I. And I am you. And you are me. Together we are all one.

I am the woman, and the woman am I. Because there is no difference between the creation of God. So, you both are God and so am I. What you see in others, are also in yourself. So, what you acknowledge in me, is also in yourself. So, dear ocean. You are God. You are the whole universe and so am I.

PERCEPTION OF REALITY

There were three men walking down a road. One stopped and looked at a star. The other two, looked at what he was looking at.

The first man:

Can you see, what I see? The star is upside down.

The second man replied:

I can see, what you see. What about you John? Can you see the upside-down star?

The third man could not see, what the other two men saw.

I see a star and nothing else. I cannot see if it is upside down or standing straight. How come you see it in another way?

The three men argued for a while. We're the two right or the third? Who could tell if the star was straight or upside down? So, they stood still and asked the universe:

Dear universe. Can you please tell us if the star is straight or upside down? Can you please tell us, who was wrong? And who was right?

The universe answered back:

The third man was right. The star was not upside down. What you saw, was your own reflections of self in the star. So how come, you were wrong and he was right?

The men could not believe what the universe had answered back. So, they asked the same question to the star.

The star answered back:

You two were right and the third man also. None of you were wrong, so how come you all were right?

The men got angry at both the universe and the star. Could not one of them give a straight answer to the question?

Then came an angel and gave them a profound answer.

You two saw your own reflection of yourselves in the star and the third one saw his own self. The perceptions of your own mind. You saw yourselves.

Perception of reality depends on the person reading the reality.

None has the exact same perception of reality. We see the world from our third eyes.

What we have learned and how we were brought up.

What you saw in the star, was only your eyes, seeing your own reality.

THE GIRL WITHOUT A FACE

She looked like everyone else. Beautiful and confident. One day she was in an accident and got her face ruin. And what she learned from the experience was that, it was all about her inner beauty.

Something that she had no knowledge about before the accident.

Her soul said:

What a profound wisdom I got, to be able to see myself. The whole truth about myself. To finally be able to look into the mirror and see my inner beauty like never before. What a miracle. To be able to see myself beyond all concepts. To finally see myself, without all the lies and illusions.

Her head was damaged too, plus her entire body.

The girl needed to learn to love herself. To be kind to herself. To be able to walk again.

So, she started to train her mind to focus on the now and not on everything that was wrong. But, on everything that was right.

She needed to learn to love herself. To see her real beauty inside.

She made it to her own enlightenment. And brought a gift back to the world.

By, being an inspiration for others. True beauty came from inside. It was her own rebirth.

THE BREATH OF LIFE

The present moment is the answer to everything, said Allah. Without the now, the existence and every breath of life would vanish.

The universe asked every human being, to be in their present moments. Because the past and future were two different lies of the same illusion.

The universe asked every human being, to feel the: breaths of life.

One woman was walking by the ocean. When suddenly a bird started to talk to her. The bird said:

If, every human being had lived in the: present moment. Life on earth, would have been different. They would have heard every song of nature. They would have heard every melody of the oceans. They would have understood every relationship better. They would have been wandering in the lights of love. The present moment of life.

The woman answered back:

What can I do bird, to follow your guidance? To hear every song of your heart. To hear the voice of the universe. To follow the core of mother earth. To feel and sense the breaths of life?

What you can do, the bird answered back:

Is to follow your breaths. To feel your heart. To breath in love. And to breath out inner stress. To breath in the flow of mother earth. And to breath out all thoughts. To breath in the love of the universe. And to breath out everything that is dark.

The woman listened to the guidance and remembered every word of what the bird had said to her.

Her life suddenly began to look different. The days began in wonder and ended in miracles. The breaths of life made her feel the flow of the universe inside.

What the universe said in that moment to that woman and the bird was:

I made you, human being as I made the bird. How come the bird lives in the now and teaches you human being, how to walk the right path to the universe? That is because all are teachers to each other. You meet bird, as your guide. And the bird meets universe as its guide. There is no difference between the creations of God. All are the same. And so is the: NOW.

Buddha came a along and said:

I am the master of mindfulness, but even in the present moment of life. What you woman can do is to follow the source of time. Do, not ask the universe to give you guidance. Help yourself, by practicing mindfulness day by night.

When the mind goes into silence, so does the thoughts. Life is all about silencing the mind and go into rest. How can you help yourself? By just breathing in and out.

Follow the core of your breaths and touch every single particle with the present of your mind. Your life will change, so will your thoughts and your brain.

The energy of life will flow to you, by every aspect of life. You will feel wonderful inside and so will your health.

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