

*Luminous Journey, Luminous Way*



# LUMINOUS JOURNEY, LUMINOUS WAY

*The Origin of Human Beings and  
The Process of Our Return*



Parvathy

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Luminous Journey, Luminous Way  
The Origin of Human Beings and The Process of Our Return  
by Parvathy

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To humankind.



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## Preface

TODAY, THE SEVENTH day of these new messages are finished, received in the same way as *Heavenly Father Speaks—Second Arrival*. It was a magnificent seven days and nights, during which Heavenly Father sent the most wonderful words!

The place in which these messages were written and where I am right now, is the Big Island of Hawaii. For the first time, I see this beautiful and mystical place that strongly stimulates spiritual inspiration.

Also for the first time, I have seen the volcanoes—which really are a “wonder of Nature.” When you look at them from the air, from a helicopter, they look as if they are from another planet. The solidified lava is of different colors; the oldest layers are dark brown, the newer ones are lighter earth colors, and the newest of all are silvery. I also saw new fissures and glowing, hot, orange-red lava emerging. The gases create clouds of smoke, and it all looks truly mystical.

The most fascinating characteristic of lava, no matter how destructive it can be at times, is that it is really creative. It produces new and fertile ground for growing tasty fruits and vegetables. Even more amazing is the fact that the eruptions of the active volcanoes are causing this island to grow. It grows larger every year. The Big Island is the youngest of all Hawaiian Islands, but it is the largest and it is still growing. This reminds me that it is never too late to develop and to grow in The Heavenly Spirit.

Today is a day that is under the influence of a FULL MOON; it is spiritual and mystical for me because on the day of the full moon, my dearest teacher, my friend Babaji was born. As I mentioned in the preface of *Heavenly Father Speaks—Second Arrival*, all that I have learned started when Babaji taught me THE ANCIENT MEDITATION. My journey began in 1991, and since that time,

my life in general has changed dramatically for the better. I finally received that part I was always missing: finding The Heavenly Father and regaining consciousness of His existence.

Babaji always taught me, and all other people, that we all have to live through spiritual experiences. When you decide to tread the spiritual path, the world that seemed so far away becomes close; you realize that the world is right here in front of you, and that the HEART has carried the SECRET all along. It is not a secret at all, but a well-known fact in the spiritual world that we humans have forgotten with time.

Since I first heard messages from Heavenly Father and the first one being written on St. Valentine's Day, 1994, my communication with Him has never ceased. Heavenly Father explained very clearly that if we regain consciousness of His gifts, we must appreciate them and nurture them. That is why my communication with Heavenly Father is still ongoing and this new book was born. Communication with Heavenly Father is an active process with various manifestations in our inner (visions, feelings...) and outer (signs, sounds...) world.\*

What I like the most and what is the TRUTH, is that Our Heavenly Father is telling us that WE CAN ALL COMMUNICATE WITH HIM every day. A DIALOGUE WITH HEAVENLY FATHER IS POSSIBLE FOR EVERYBODY! Therefore, each one of us has the gift inside!

Once again, and throughout my whole life, I thank Babaji and Heavenly Father for such a precious gift.

Mahalo and aloha!

Parvathy

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\* I described in footnotes all of my experiences while receiving Heavenly Father's words.





**HEAVENLY FATHER:**

*Day One — May 1, 2001*



## *Introduction to Spiritual Education*

MY DEAR CHILDREN, how are you? How are you doing? Your HEAVENLY FATHER is greeting you. Is your soul still sleeping or have you finally awakened in The Heavenly Spirit?

Do you remember My last instructions in *Heavenly Father Speaks—Second Arrival*? I showed you the condition on Planet Earth, and I talked to you about different life situations. I reminded you about your Heavenly Origin and I led you by the hand along the LUMINOUS PATHS. To some of you, it may sound odd because you keep forgetting that you are not just flesh and blood, but a SOUL as well. No planet in the Universe is painted by the brush alone, neither is any Star Way, for they are all My creations. You alone know that Nature can be very simple and very complex at the same time. Treat Nature the way you would like to be treated.

The way that you give is the way that you will be given.



Food is your great life support; therefore, every meal should start with a PRAYER OF THANKSGIVING. Believe Me, this should be the foundation of all your other good habits, and a way of learning to respect many issues in your lives.

In this era of mass industrial food production, it has been forgotten that growing food was hard labor, and that is why people appreciated it more. I have spoken of free will, and you have used it to choose what you are going to eat. Let me just remind you that humans are not meant to interfere with and to be the last link in the animal food chain.

This truth was written long ago in the ancient scriptures, and yet you have ignored it for so long. Isn't it clear to you that by doing so you have gone astray from the path of proper diet? Isn't it alarming enough that Mad Cow Disease has emerged? Diseases are an indication of how greatly nutrition has degenerated. You are not meant to exterminate remaining animals in the animal world, so please, THINK TWICE about what you eat. The saying "YOU ARE WHAT YOU EAT" is true.

When animals fear death, they excrete adrenaline into their blood, just as you do. It is the same process. So you directly absorb the animal toxins into your body. This is the logical explanation, you could not ask for more. It does not apply to the minority of people who have chosen vegetarianism. I am telling you this because I must arouse you from the world of low vibrations caused by ingesting the food you are eating.

How can an ELEPHANT be a vegetarian? Isn't it magical to see such a gigantic creature, whose nourishment is so innocent? See for yourselves, look for yourselves, and research this part of your lives and those of the animals. I am choosing simple words

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to reach you, for isn't this one of the world's greatest problems? You must awaken the consciousness within you and develop your inner being toward Me, The Heavenly Father. Do not wait for death, for your last moments, in order to regain awareness, for life can pass you by. Why waste your time on earthly problems, when by being conscious that you are LUMINOUS BEINGS, you could spiritually grow and improve faster?

Do not let your ego restrain you, and do not let it tell you that you have to eat meat in order to survive. This is an old-fashioned and narrow-minded way of thinking. Prejudices existed from ancient times, but today those illusions have vanished and such beliefs even seem ludicrous. You always ask yourself, "How could people have been so prejudiced and ridiculous?"

It is hard to break habits of a lifetime, especially those such as drugs, alcohol and cigarettes that have a firm hold on the society, that gnaw away at it like a CANCER. You may say something like "I don't care, for that will not take me to my grave," but with every moment that you consume those poisons, you are destroying your brain cells. Do you really think your brain cells can regenerate or repair themselves, like a broken arm or leg? The same is true of most of your inner organs; once you destroy them, there is no recovery. This is the case with humans, even though some animals are better able to REGENERATE THEMSELVES.

Today's prejudice that you should consume almost all the animals of this world is more than repulsive and ridiculous. Animals are beautiful creatures and they have their own natural development. But in your food chain, you have become the animal that is going to eat all the rest. Isn't that SICK, when you look at it from the right perspective? I must talk to you about this because it has gone too far! But then again, you have FREE WILL and FREE CHOICE in all your habits. Don't say you were not aware of this. You don't know if you don't want to know.

When this situation is seen from the higher worlds, the

Universe, it is very disturbing. I am talking about putting all the cards on the table. You must have the courage to play these cards and openly accept fair play in life. Don't make the excuses "I can't" or "I don't know" when you should make positive decisions, because what this really means is "I DON'T WANT TO KNOW." Think about it, because you know that I KNOW BEST. And why do you think I am present at all times and watch over you from century to century, regardless of your foolishness and mistakes, **which you are now paying for?** After all, I am your MOST LOYAL FATHER, YOUR HEAVENLY FATHER.



Although you often wander away from Me, you are always welcomed back—if, of course, you truly repent for your mistakes and promise that they will not be repeated. Repentance is not as easy as in your house of worship, where you think you are confessing to Me, but in fact, the information is often directed to an unknown person who could resort to blackmail. That part of the story does not end in the confessional, but **in your heart.** The essential, the primal reason is to call and confess to Me, but please do it from the bottom of your heart and soul. Remember that I am watching over you at every moment, even though you are not aware of Me.

Your mind can wander; many of your ideas go into the ether where they collide with other ideas. If you do not control them, they can—and most likely will—create great chaos in your mind. That is why it is very important to have **CONTROL OVER YOUR MIND**, and that is how you will be able to **EXTEND YOUR LIFE**. I know that everyone would love to live a long, long life. Isn't life wonderful? I gave it to you so that you can find happiness through it. All those difficult moments that you have, or have had, will pass. Through the bad times, I teach you the truth about life. But

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there are certain lessons that you must experience for yourself, for your own sake. Those are situations you inflicted upon yourself, but that you could have avoided. The overall picture is that some problems can be avoided. This is a PERPETUAL CIRCLE of nature and skill, the art of living as a human being.

You should direct your mind positively toward creativity, art, science, education, and toward the mutual encouragement of optimism in each other. Picture preschool teachers and see how careful they have to be, for in most cases they are the first ones to educate children and teach them the basics of social behavior. Of course, parents are an important factor, as well, but it is known that children are strongly influenced by what they learn in preschool.

First and foremost, it is the PARENTS' UPBRINGING that is strongly engraved in the minds of your sweetest young creatures. So take care of your treasures because they are MY TREASURES **first**, and **then** yours.



Think back about how we talked of food and how important it is that you explain proper diet to your children clearly. Parental guidance is vital throughout your child's upbringing. Often, it comes to CLASHES in the teenage years. Bad company can affect your child even if you try your best to protect him or her from its influence.

Excuses such as "We did not succeed, we made a mistake along the way" are no longer valid. Never allow your child to take a step toward the earthly hell of self-destruction. You have a tendency to consider your child as yours alone, and ignore Me as the CREATOR of that child. So, in those crucial moments, save your children. Do not let the black ray take them and destroy them. That causes great destruction that will spread throughout the whole family. If you don't stop the beast now, the question is:

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