

# The Blissful State



Hossein Dezhakam



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**Hossein Dezhakam**

Translated into English by Saeed Moeini

*Dedicated to my dear friend  
Mr. William L. White for forty two  
years of  
Service and dedication in assisting  
individuals  
Come out of the darkness of drug  
addiction.*

## Message

*This is a message for those who have entered a new world and are aware of their true selves. You need to put the words into action and pay attention to the earth and sky. Have faith in the beyond and know that your reward is your progress.*

*Thus plant good seeds and valuable crops; you shall have plenty of livelihoods and strength.*

*Thus carry on as the command says.*

## Preface

Recognizing the human being's true essence, the reality or truth of his existence or in other words, the true nature of his invisible attributes in addition to the perception of creation and its structure, have been the most motivating, deep-rooted and foundational quest of humanity in the past, the present and the future.

The accumulation of information, knowledge, awareness and wisdom by the messengers in the west and the east, philosophers, mystics, scientists and great thinkers have showed us proofs of such quests.

Therefore it is obvious that self-actualization which is arriving at one's own self and God-realization which is arriving at the Supreme Power's abode, is the moving force invested in the spirit of humanity since eternity.

The divine gift in this motivational force is the most prominent attribute of the self and that is seeking, longing and searching for true knowledge; a source of wisdom to answer all the questions of life and living.

This valuable book which has been written in the simplest yet attractive language shares the mysticism and philosophy of the author's viewpoint towards life and its mysteries.

The blissful state represents certain principals which are crucial if one intends to arrive at bliss, the treasure at the heart of humanity's endless quests for happiness.

At the end of the book, divine laws in the form fourteen valleys provide a path for our progress towards a better understanding of life and its purpose.

*Mohsen Zahraiee*

*Editor*

**Guardian:** I was lying down on the carpet and looking up at the ceiling. I was in deep thoughts and asked myself

What are people after? What am I looking for?

We are following from a source of existence, one after the other; from one circle of creation to the other, coming and going.

One is after fame and power, another seeks career.

One accumulates wealth and one tries hard to feed his family.

One seeks love and another, wants revenge.

Some desire perfection in the arts and some, in science.

One longs for the heaven and the other, fears hell.

Some are after education and some despise school.

All in all, everyone is after something.

As I was thinking these thoughts, I suddenly heard a voice within me which said: so what? What then?

I asked: who are you?

He said: I'm the archer, I'm you.

I said: if you are me, how come I don't see you.

He said: eyes can see many things but not itself unless in front of a mirror.

I said: I've been in front of a mirror many times but I've never seen you.

He said: the mirror which shows me is not made of glass.

I: what is it made of?

He: of heart; first it must be polished, then you can see me.

I: you're not making any sense. When you say heart you mean a part of the human body. How could that be polished?

He: since a place has not been found for me, some have said that my place is at the heart.

I'm both in you and not in you;

Within you and without you;

Right at this minute, I'm neither inside of you nor outside.

I'm your beginning and your end;

I'm your apparent and your invisible;

I've never been born nor do I give birth;

In truth, I'm your second body or shadow and if you want to see me, you must move aside.



I: how can I move aside?

He: leave yourself till you arrive at yourself.

I: these things that you said about your self are the attributes of God.

He: they could be said about the humans as well; because the hidden attributes of the human being like the ego or soul is neither born nor could it give birth.

The thing that is born is the physical body which is perishable; the thing that is permanent has been permanent from the beginning, now and forever.

In reality, I'm within your shadows.

I: how come I don't see you?

He: you know very well that seeing a shadow within a shadow is impossible unless the first shadow moves aside.

I: how? And what did you mean when you said 'so what and what then'?

He: human beings usually search and seek for things that they think they really want and like. However, when they attain them they realize that it wasn't what they really wanted.

So they quickly change their wishes and desires and their friendships turn into animosity;

Their love transform into hatred;

Their kinship changes into indifference and their love into hatred and sometimes, vice versa.

You must know that nothing is stagnant and stationary; everything is on the move and changing, both in this universe and other universes.

The only thing that is permanent and unchangeable is the truth and **truth is the thing that has been, is and will be.**

I: so in all these bustles and commotions of life and creation and the comings and goings of the prophets and messengers and the magnificence of God, what is there of true value which is also tangible?

I mean something that is understandable not by sophisticated philosophical words and definitions that only they, themselves comprehend; something simple so that we can understand.

Is God not for us? Weren't the prophets sent for us? So we must understand what is going on; there must be a way to that.

What is the problem then? What are we really after? By the way your statement '**truth is the thing that has been, is and will be**'; I think you yourself don't know what you're talking about.

He (laughing): when you ask a question I try to understand you and respond by tapping into my source of knowledge. I've not prepared anything from before; I concentrate on the question and rely on my instinct to answer you.

Now, you say I don't know what I'm talking about; I never claimed to be the all knower, the omniscient because I'm seeking and searching for knowledge even now. If I'd known everything why would I want to seek and search?

About the statement that I said in regards to **Truth**; can you find anything with these attributes that I mentioned; has been, is and will be.

I: God.

He: alright, besides God, is there any other truth?

I: yes, my family or my home, the place that we're in right now.

He: did they exist hundred years ago?

I: certainly not.

He: so they are not truth; they have come into being. We call them a reality.

I: planet earth and galaxies.

He: 100 billion years ago; were they here? Won't they perish one day?

I: yes, you are right.

He: thus they are not a truth, they are a reality.

I: Jesus Christ.

He: he came and went two thousand years ago.

I: he's in the beyond.

He: if you want to look at it that way, everything has come from the beyond and has returned to it at some point. That was also a reality; of course, a divine, precious event but not a truth as truth is something that has been, is and will be.

I: how about the spirit of the Christ?

He: that's something that God has granted to human being and is the summation of all his attributes. These attributes are granted only to human beings and not animals.

Yes, that's right. Spirit or soul is a truth since it has been and is and will be.

I: so animals do not have soul or spirit?

He: in my view, no.

I: if they don't have a soul, then what do they have?

He: ego.

I: ego?

He: yes, are you surprised?

I: yes, because many different definitions have been said about ego and soul and I wonder about your perception.

**He: ego is the thing that determines the existence in the apparent and the invisible and it has wants and needs.**

In other words, the self or ego of the tree determines the shape, attributes and nature of the tree and its existence. The same goes for the humans and animals.

The holy book explains that the angel of death takes back the self or the ego of humans who are about to die. The ego is something that has been from the beginning and will be till eternity and has appeared in different forms and shapes; it is imperishable. Although the ego appears to perish in life on earth as far as the apparent attribute is concerned, but in the invisible attribute, it's imperishable and permanent and changes its garment every time.

I: why do you define ego as a thing?

He: because the particles that make up the ego are still unknown to us. So we call it thing.

I: so ego is truth.

He: yes.

I: just like you, I also read in the holy book that God created us from one united ego; thus ego wasn't there in the first place, it was created later on and it cannot be a truth.

He: you just said that God created us from a united ego, so ego was there and it did exist at that time.

I: let's assume that God, spirit and ego are a truth and besides them, everything else is a reality. Is there any other truth besides these three?

He: let's think for a while and see if there are any other things that are permanent.

I: I can't think of any.

He: you said that God is truth and we assumed that spirit has a collection of divine qualities in itself and this is also a truth.

Now, there might be certain laws in creation that has our definition of permanency and therefore be a truth.

I: fine, let me think for a while.

He: alright, I've got nothing to do at the moment, take your time.

I: two parallel lines will never reach other anywhere in the world, thus making it a truth. They've never reached each other in the past and will never do so in the future.

He: some more.

I: circles have one center.

He: excellent, they had one center in the past; they have one center now and will have one center for eternity.

I: the law of attraction; wherever there is mass there is gravity and also other laws.

He: fine, let's leave the laws of geometry and physics aside for now as there are many such truths. For example  $1+1=2$  and so on; wherever in creation their meaning is the same even if their names are changed.

Can you bring any examples from nature?

I: a walnut tree always produce walnut and peach tree, peach. Human is born from a human and deer from a deer.

He: yes, you are right. This is a law or a truth; in other words wheat is produced from wheat, it has been like this and will be forever.

I: can punishment be a truth as well?

He: there is a saying 'you reap what you sow'; so when you plant wheat, you obviously harvest wheat and this is a reality. However, the principal which says that wheat only grows from wheat is a truth.

I: what if a flood comes?

He: there might be some delay in your harvest, maybe the year after; but there will be no change in the truth of the matter.

I: how about punishment?

He: oh, I forgot. I've experienced in my lifetime which I even don't know how long that is, that planting happens on two levels. Planting in the apparent world or phase and planting in the invisible phase or attribute.

The first one is the process which we can observe with our physical eyes like the planting of wheat and other forms of birth in humans and animals.

The second kind of planting which usually goes unnoticed is the planting of ideas, notions, behaviors and thoughts or ideologies.

I: that's kind of interesting, please explain more.

He: if you plant a hateful notion, you'll harvest hatred. If you plant the seed of beauty and love, you'll reap the same exact. Beauty brings beauty, harmony produces harmony, and love reflects love.

Therefore, the good qualities such as patience, honesty, bravery, faith, loyalty, compassion and...bring forth the same and bad attributes such as hatred, vengeance, jealousy, addiction, cruelty and...produces the same.



Whatever you decide to plant requires time, patience and irrigation so that you harvest seventy seed from one seed and this law applies to both qualities, good and bad.

However, the bad qualities grow much faster than the good ones, like the unwanted grass in the garden which you have to mow regularly in contrast to the beautiful flowers which need constant care.

I: how do they plant drug addiction?

He: the first time that you used drug was the first seed that you planted. The second, third and fourth times were the irrigations of the seed. After six months or a year or even more, the tree of addiction is a strong, tall tree and you are a hardcore addict then.

I: I don't think it's like that.

Maybe it's true about addiction but it differs in other matters. If I decide to be an honest person at this moment, then I'll be honest for good. It does not need planting and it can happen quickly; you forgot about the will power of humans which is a force to reckon with.

Thus positive attributes and good habits need no planting of any kind of seeds what so ever; determined individuals can always change their ways and implement their decisions.

Maybe individuals who do not have a strong will fall into your categorization, but not the smart ones. Their story is completely different.

He: you give great speeches; very nice. Those were very beautiful words which I've heard many times. However, in real life things are a little different.

Let's look at this matter more closely. You talked about will power; is will power alone, sufficient to carry out any kind of decisions?

I: what do you mean?

He: can you go through a wall with will power? Or can you lift a 500kg weight with just your will power?

I: I guess not; there are limits.

He: the same applies to intelligence. To implement a decision, will power and intelligence are each a contributing factor; but there are other factors involved as well. Do you agree?

I: yes.

He: as far as I know, you are a smart, determined person with a strong will power; are you capable of telling the truth from now on? No lies, complete honesty under all circumstances.

I: yes, I'm able to be truthful no matter what.

He: have you ever done anything that you are ashamed of?

I: these issues are personal secrets of every person's private life and others must not know about them.

He: if someone asks you about your secrets, what would you say to him?

Of course, you just made the decision of telling the truth at all times; imagine that your wife will divorce you if she finds out about your addiction. Will you still tell the truth?

I: yes.

He: even if that leads to the separation of your family and children?

I: yes, because I've decided to tell the truth at all costs.

He: how about your work place? Even if they fire you, would you tell them about your addiction?

I: yes, I've decided to be an honest person.

He: so you lost your family and your job, even after all these things would you still tell the truth?

I: yes, I would.

He (laughing very loudly): don't you think instead of honesty, you're being foolish?

Me (I started to laugh as well): how did you know? The thought crossed my mind as well, but I want you to tell me that.

He: imagine a car moving at a speed of 180km/h; can the driver change direction, moving in the opposite direction instantaneously? If he does, a terrible accident would follow with tragic results. This is the situation of a liar who decides to become honest immediately.

I: so what is the proper approach?

He: the solution is gradual, of course. Just like the car, first the speed must be gradually decreased until full stop and then reverse and slowly start the car in the opposite direction, gradually increasing the speed. Unlike the car though, it takes a long time for someone to become honest.

I: how do I plant the seed of honesty?

He: when you say the word honesty or deception, they seem like a choice between two words only; as if by choosing one, the person has attained his goal or objective.

However, truthfulness and lying are means to achieving peace, safety and comfort or the exact opposite; pain, anxiety and suffering.

Sometimes the human being is placed in a situation where he has to choose between either of them. I mean he has to either choose truth or lie; or let me reveal an interesting

thing to you. It's the lie or the truth that chooses its place in a human being and continues its growth.

In other words, the seeds of these attributes, positive or negative are spread throughout the universe; whoever has the capacity of lie or truth, provides the appropriate medium for the respective attribute.

As Jesus says "the gardener spread his seeds everywhere". Some landed on rocks and didn't produce anything. Some landed on fertile soil and produced abundant harvest.

Thus seeds of love, honesty, kindness, deception, hypocrisy, revenge...prefer a place where they can grow and produce optimally.

Both virtue and vices are inspiration or insight and it is the insight that chooses its domicile.

If we compare virtues to an eagle and vices to a vulture; it's the eagle that forms his nest on the mountain peaks, high above the ground and it's the vulture that preys on dead corpses down in the dirt.

Last word is, if you lie a lot, you have to change the way you live your life. Achieving good attributes like honesty, integrity, bravery...without changing one's attitude towards life, is impossible.

On the other hand, vices do not disappear one by one; once the individual moves away from ignorance towards knowledge, then gradually they all disappear.

Let's change the topic and see where we stand in life.

What do you think all these commotions and movements are for? I mean life and living.

I: to attain the highest peaks of human values and knowledge.

He: I really don't understand what you mean by that.

I: well, can you tell me? What is it that we are so eagerly after?

He: in this world or the other world?

I: in both worlds; in all the universes.

He: a blissful state of being; in short, happiness, bliss, calm...

I: I agree. I've always been after joy and bliss; in fact, I still am. I think that you are also after the same thing.

We are all after a blissful state and we're constantly paying all sorts of costs and prices so as to gain bliss.

When I look back at my life, at when I was in school; I saw bliss in getting good grades and studying in a prestigious university, become an engineer, make lots of money, buy luxurious cars and all that.

After years of hard work and becoming an engineer and affording a wealthy lifestyle, I realized that I'm still not happy and I hadn't gained bliss yet.

That's when I started drinking and sought happiness in alcohol. I felt an amazing bliss when I was drunk and I thought that I had found a magical remedy.

However, within a short time I realized that when drunk, I say and do things that I regret afterwards and I hurt the people that love me the most.

So I began searching bliss in another substance that wouldn't have the damages of alcohol.

That's when I got acquainted to opium; something that didn't affect my memory or alertness and didn't cause me to do embarrassing behaviors.

I told myself 'how do people miss out on such an amazing drug'? I was surprised that it wasn't widespread amongst people and I blamed it on their lack of intelligence.

So I began using opium regularly and thought that it doesn't have the damages of alcohol. Opium gave me the blissful state that I was after and my consumption increased more and more as time went by.

Once again and after a brief period of time, I realized that I was addicted on opium and for the first time I experienced withdrawal symptoms which I believe are the worst kind of

physical pain. After using opium I became only normal and I entered a phase of my life where opium affected every aspect of my life, big and small.

This meant when I wanted to eat something, I had to pay attention whether that food ruined my high or increased it.

When I wanted to travel, I had to consider the availability of drugs in that place and a safe location to use.

If I had the most important meeting to go to and I wasn't high, I didn't go. In other words, under all circumstances my opium consumption took first place; it became my number one priority in life.

My face had become somewhat obvious; signs of drug use became apparent. Not only I hadn't found bliss and happiness, I had become miserable and depressed.

I looked for any way to escape drugs, but to no avail. At that time I realized that people are wise not to use this magical substance, I've been a fool to drown myself in it.

I decided to stay busy with my business and factory. After sometime I felt the conditions deteriorating rapidly; in the beginning of every month chaos took over the office, paying the salaries, insurance, tax, bribing the officials and taking money without sending the products to customers and everything else just made my mood worse and worse.



I suddenly realized when I criticize others I feel so much better, but when I hear their criticism about me, I get so angry.

Now that I've shared all these secrets with you, you who speak from within me; tell me what I should do.

Is there any law that I should obey in order to be in bliss constantly?

What can actually make me feel better?

There was a brief silence between us, and then he began.

He: anything that makes you feel better but upsets others is not good at all.

I: what is that thing?

He: decency, integrity, decent actions and behaviors; an action that does no harm to others. That is a good deed.

I: the actions and deeds of prophets were most certainly decent; however, some of their actions endangered the lives and interests of some people. Thus did them harm, you still call them decent actions?

He: I meant good, ideal. I didn't say absolute.

What I meant is that in our daily lives and interactions, we should respect the rights of others and treat all fairly. Obviously, a murderer will be upset by the judge's jail

verdict. That's due to his own false actions and not the judge; the judge only carries out the decent action needed against such horrible deeds. Do you follow?

I: then, what is the law of happiness and bliss?

Which is the path?

Buddha said that to be in bliss, you must not be and in order to not be, one must not have any wants so as to exit life's cycle and not return to the world, ever.

There are sets of rules for a blissful state in all the main religions of the world and they recommend refraining from vices and indulging in virtues.

Where is the main point hidden in these recommendations that could be the key?

He: as far as I can remember in my very long life, I've not been able to always do the right things, decent actions. I've tried very hard but only small fractions of them have been decent. It's very complicated and every one must discover the secret on their own.

I: discover them! How?

He: learning musical notes and reading or writing them is not very hard. However, composing a piece of music or playing it very beautifully takes a lot of practice, time and determination. The individual makes lots of mistakes before mastering the art. It's impossible for someone with no

background in musical learning to learn and play a musical piece perfectly, with no mistake, the very first time the instructor teaches it.

Therefore, enjoying a blissful state and carrying out decent actions do come at a heavy price.

I: what is the price?

He: it's very complicated. Sometimes you have to pay and sometimes you have to receive money.

Sometimes you have to forgive and other times you have to ask for forgiveness.

Sometimes you must speak up and other times, be silent.

Sometimes you must eat and sometimes stay hungry.

Sometimes you must defend yourself and other times you must attack.

It's a very delicate matter. To carry out the decent actions, situations call for different and opposite reactions.

One must learn, feel, sense and understand it.

However, destructive forces or should I call them evil forces; they display or portray things upside down, exactly the opposite of the truth.

They show the door of heaven, comfort and satisfaction whereas in reality, that's the beginning of suffering, discomfort and misery.

I: how?

He: for example, in certain wars in the 20<sup>th</sup> century some nations thought by killing a large number of their enemy they would feel good; or by burying young men and boys in mass graves they can attain peace. Some thought by dropping chemical bombs on top of helpless villagers, they would achieve bliss, by genocide, murder, rape, robbery, sodomy...all these horrible atrocities at first seemed like the door of heaven to the doers. However, they only lead to bloodshed, oppression, sufferings, poverty, misery and trauma for all the people involved.

Some would say that since the society has abused my rights, I take it back by force.

Some say that we must export communism throughout the world, then all of humanity's troubles would be solved.

One says that if I get the prisoner to talk using torture, I'll feel much better afterwards.

Some think by changing their religion, partners, field of studies, career, cars and appearances, they would finally arrive at bliss.

Some decide to use drugs and alcohol to find happiness and others think religion and spirituality can provide them the treasure of bliss.

All in all, everyone is after happiness and bliss and they do many ugly and beautiful things in order to achieve that and they justify their actions accordingly.

I: great explanations; but I think that attaining bliss must have a set of rules and regulations.

H: yes, there are certain rules which I try to mention in order of importance:

1. The individual must settle his debts, whether financial or spiritual.
2. He or she must refrain from indulging in vices and move gradually towards virtues.
3. He must serve humanity and creation as much as he can and love everything and everyone.
4. Gradually leave the dark world of ignorance and move closer to knowledge and light.
5. Live at the moment, appreciate the present.

I: can anyone actually carry out all these rules?

He: all the above rules?

I: yes, all of them and perfectly.

He: not in the very near future.

I: why not?

He: let's go back to the first rule which is, the individual must settle his debts, whether financial or spiritual.

Maybe in your view, settling all kinds of debts is easy; not according to me. I believe that first you must know what you owe and to whom you owe and then try to settle it.

Maybe God will forgive us, but then he has talked about responsibility for our actions.

Unfortunately, we really don't know anything about our debit account.

I: what do you mean? I know very well.

He: no you don't.

I: I insist; I do.

He: you have a record or an archive which has the recording of all that which has happened to you from the beginning of creation till eternity. It's in your unconscious or as we say, it's been turned off for now and it's not easily accessible unless by a divine command.

The most you know is from your birth on planet earth until now.

I: are you saying that I have another file besides my life here from birth? How and where?

He: the commencing day; it started then, from the beginning.

I: where is this commencing day and when did it start?

He: I don't know also as to when it is.

Besides God, no one is aware of the date and the place of this beginning.

I only know that one day God made a pact with us and asked 'aren't I your lord?' and we said 'yes'.

Also, I'm not aware of the events prior to making the pact.

Anyways, after making the pact with God, life began somehow on different levels.

I'm guessing that life in all levels should be around for a few billion years.

I must also mention that although the human's physical body is perished after death, his ego or soul is confiscated by divine angels as it is permanent in nature.

Maybe our lifespan is just a little shorter than God.

This 50 or 60 years of life here on planet earth is only a small, insignificant part of our life; because we have started the game of life at a time which we even don't have any clue about. Since then there have been millions and millions of

beginnings for us and we have returned to heavens and other physical universes many times and will do so in the future.

An interesting point here is that during all these comings and goings we have made certain friends and enemies; at some points, we might have killed or been killed; at some stage, we've been the lover and at times, the beloved.

Sometimes, our love might have turned into hatred and other times, our hatred into love; we have been in the dark and in the light.

All in all, our numerous lives are connected to each other like chains and we have followed each other continuously; these love, kinship, hatred, revenge, incomplete missions...have caused us to return to the previous clan and land.

If sometimes we want to exit the game or change the story, we would come across lots of difficulties since the stories are collective and been influenced by heaven and earth.

Human's life has no meaning individually. Thus, we shall reap what we've sown eternally and to clear off the debts which we've occurred, we must start by planting virtues from now on. However, the seeds of vices which we planted in the past will inevitably grow in our farm and we must be patient and weed them out gradually.

That's why this world is the other world's farm and vice versa. Pay attention to the following message from Sardar:



## Message

*This is a message for those who have entered a new world and are aware of their true selves. You need to put the words into action and pay attention to the earth and sky. Have faith in the beyond and know that your reward is your progress.*

*Thus plant good seeds and valuable crops; you shall have plenty of livelihoods and strength.*

*Thus carry on as the command says.*

I: I appreciate your elaboration.

According to your explanations, everything lies in clearing one's debts.

He: yes, everything else is the application of this rule; all the teachings of prophets and spiritual masters about abstinence refer to this rule.

Negative points or debts come from poisonous seeds of jealousy, hatred, backbiting, abuse, cruelty, selfishness, deception and revenge.

Positive points come from planting valuable seeds of harmony, peace, decency, integrity, safety and morality; this eventually leads to faith and heavenly life.

I: looks like you know much more than me.

He: don't forget I'm you, your second shadow; but you never listen to me. If you pay a bit more attention you can always hear me. However, you're constantly busy playing with your worldly toys which you've gathered around yourself.

I: you were not supposed to disrespect me, I hate being criticized. I think you are the cause of all my problems and miseries. Didn't you say you were me?

He: oh, I'm sorry. You are a fantastic guy, a wonderful lad. All that you've done is right.

In fact, it's destiny's fault. Determinism is to be blame and not you.

You know what, it's actually God's fault you are here. If he hadn't created you, you wouldn't have committed all these vices.

Whenever a plane crashes and many people die, we should blame the Wright brothers for their appalling invention.

What do you say?

Automobile accidents are Ford's fault; alcoholism must be blamed on Razi for inventing alcohol and so forth.

Alright then, we'll just ignore your flaws and shortcomings and blame them on others. How's that?

I: that sounds about right. Just don't criticize me at all and maybe we can arrive at some valuable conclusions here.

Explain to me the concept of living in the present or in the moment.

He: everyone is after a goal or sets of goals in life, worldly or heavenly, material or spiritual.

A question always remains with us; what is the purpose of creation? What is the secret?

Usually the philosophers, scientists, mystics and religious priests have presented a variety of answers to this question.

Realizing the one united God, self actualization, God realization, entering the promised heaven and other such theories are some of these answers.

All are admirable and motivational. However, if you ask me with my very, very long lifespan and experience; I would tell you that the fundamental purpose behind creation is life and living. I believe the gift of life and living is almost always gone unnoticed and if truly and decently lived, life could be the greatest of God's purposes.

God's mercy and compassion is not only in forgiving sins; in fact, it's in bestowing life and its magnificent variety and display. I think that is the greatest miracle of all times.

However, this life and the process of living consist of certain laws and ignoring these laws or disobeying them can lead to misfortunes, sickness, poverty, madness and destruction.

These laws have been announced by prophets throughout history to mankind and they are applicable at all times.

An important point here is that these laws are misused by dark or satanic forces for their selfish gains; somehow you could say they are misrepresented and a reversal role has taken place. Although these laws are meant for betterment of humanity they are being used to abuse, oppress, and confine people by monopolization of religion and exclusiveness of God or spirituality by deceptive opportunists everywhere.

History is full of these atrocities in the name of God; for example, burning of people by authorities in church because they were witch or magician. We know very well that Jesus was the prophet of love and tolerance and never meant for such events to take place.

What bloodthirsty maniacs ruled the nation of Islam for centuries and committed horrible crimes against humanity and yet, they claimed to be successors of God and Prophet Mohammad.

These are some instances where divine laws were turned upside down to serve the evil intentions of a few.

Anyways, our main topic is living.

As I was saying this great gift called life has certain laws.

I: what laws? What is the most important law?

He: life is moving; nothing is stagnant or stationary.

Life cannot come out of stagnancy and those who want to keep life still will not be successful; it's impossible.

Those who want to keep power exclusively for themselves are trying to keep life still and stagnant and that's impossible; thus they kill, torture, rape and destroy in order to achieve their selfish desires.

However, life is moving and the cycle of life always flowing and despite their inhuman efforts they will not be able to stay in power eternally; nothing belongs to anybody forever.

Other people want to cage their youth and beauty forever so they result to plastic surgery, liposuction and breast implant.

Sometimes a lover wants to safeguard his beloved at all costs and this leads to an obsession which hurts the other person, the constant scrutiny and jealousy becomes unbearable and many crimes of passion are the result of such behaviors.

In other cases, a mother's love for his child can make her do bizarre things and she always wants to keep her child for herself, as if to freeze time and always keep the child her baby. However, when he or she grows up and falls in love and moves out, the mother becomes deranged and we have heard of many such conspiracy stories.

We don't have the power to keep time still and conditions always change; we're like a river flowing and if we stop, we'll turn into a swamp.

Of course, I do not mean we should avoid any kinds of attachment. We try our best in life to achieve many things and we enjoy our relationships with our family, friends and loved ones. We only need to remember that life is constantly changing and nothing lasts forever.

Thus, we must live in present and live life to the fullest.

Living life in the moment means learning from the past and planning for the future.

However, some people want everything only for the future.

For example if you ask someone who has power about his unhappy state, he would tell you 'I am trying real hard to strengthen the roots of my power so that I can relax in the future'.

I would say that enjoy your power now that you have it and make the best of it instead of ruining life for yourself and many others around you.

The same goes for gathering wealth. It's never enough for some individuals and they're always saving money for the future and cannot really enjoy the moment.

Next thing you know he's old and sick and his children are enjoying the money for him.

Some people like to live in the past because they believe it was the best time in their lives and always envy the memories. They forget that to realize life we must feel every moment of it; every moment that passes has another moment in pursuit; Living in the present means giving thanks, being grateful. One minute, everything is calm and the next minute could be different.

Danger lies in junctions of life.

I: what do you mean by danger?

He: it's very simple. Everything is calm for the time being and in a matter of seconds, an earthquake happens, fire breaks out, gas explosion, plane crash...

I: yes, we always think these natural disasters or other accidents will not happen to us or our family and God forbid, if it does, we say why us.

He: the fact that most of us are not happy with what we have is visible in many situations in life.

Imagine a kid who has a delicious ice-cream and is enjoying every bite of it. Each time he licks the ice cream he shakes his head with pleasure and thinks to himself "wow! What a delicious ice cream!" while he is enjoying himself immensely. As soon as he sees another kid with a chocolate in his hand, he forgets about his ice-cream and the pleasure he was experiencing a few moments ago. He gets up and moves towards the other kid. While taking the ice cream with one hand, he stretches that hand to keep the ice cream as far as possible from his body. He approaches the kid with the chocolate in this aggressive pose. The anxiety and the image of him eating the delicious chocolate become stronger and stronger in his mind. He cannot think of anything else besides eating that chocolate. He has no time and interest for any discussions because any attempt to negotiate might delay him having the chocolate. With this mind set and pose he attacks the chocolate while holding the ice cream with one hand and trying to protect it at all costs. Since he has entered the battle with only one hand, the task becomes more



difficult. During the struggle he drops the delicious ice cream which is crushed immediately. He forsakes the ice cream and tries to grab the chocolate with both hands. While he is about to succeed, his opponent draws and uses a new weapon. Subsequently, the boy who had the ice cream lets out a hysterical cry and gives up the chocolate. That weapon was nothing but the white, crooked, chocolate covered sharp teeth of the chocolate boy. At this time, the boy who has lost his ice cream is crying and looking at the opponent's teeth mark on his hand in disbelief. He is shocked and wants to prepare himself for another attack. Suddenly one of his parents arrives and inquires about the incident. Thereafter he receives a smack on the head and a few scolding. The parent proceeds to tell the boy with the chocolate "sorry, this kid has not been raised properly. We will discipline him ourselves".

This is the last scene of a childish play which some or most of us perform every day; we are in this constant battle. Even if the bold child managed to get the chocolate, his parents would have taken it back and returned it to its owner. Let's assume that he got the chocolate and ate it, even in this case life would somehow take the chocolate back. You either learn from the teacher or life would teach you anyways. If the child with ice cream was content and appreciated every moment of it, he could enjoy a world full of joy and pleasure with every bite and mind his own business.

I: you say enjoy life to the fullest. Does life actually offer anything as far as enjoyment goes?

He: God has created many gifts for us to enjoy in life which are impossible to count; some of them are actually free of charge or very cheap. I shall refer to some of them which are visible and physical and I'll forgo the spiritual gifts for now.

For example, when we're eating, we eat all sorts of delicious things; rather than paying attention to the amazing tastes of these gifts, we watch TV or talk or think about daily events and eat very fast.

Have you paid attention to a couple of cherries before? How tasty, juicy and delicious they are.

How about strawberries? Have you looked at its color before eating them?

How about a fresh cup of tea or coffee?

A fresh slice of watermelon in the heat of summer;

How about olives?

Or juicy grapes;

Ripe bananas from Pakistan;

Nice red peaches;

Oranges and apples;

Honeys from the mountain valleys;

Delicious McDonald sandwiches;

Teas of the Himalayas;  
Italian spaghetti;  
Drops of rainfall in autumn;  
Dews on flowers of the valley;  
Snowflakes dressed in white dancing down on earth;  
Gushing springs;  
Roaring rivers;  
Woman's hair blowing in the wind;  
Eyes that talk of within;  
Mountain peaks high in the sky;  
Flowing sands of the Sahara;  
Songs of the streams;  
Sound of the waterfall echoing in the valley;  
Roar of a thunder;  
Display of clouds;  
Songs of the nightingale;  
Delicateness of a rose;  
Fragrance of the grass;

Longing of the romantics;

Beloved's coquette;

Crying of the newborn baby;

Laughter of the children;

A lover's passion;

A wild bear;

A loyal dog;

Tom and Jerry;

High flying eagle;

A roar of a lion;

A herd of zebras;

Dance of butterflies;

Birds migrating;

The endless ocean;

Yes, these and thousands more examples which can display the beauty and magnificence of life and contribute to the attraction of creation.

However, it's like we don't see or appreciate them and don't establish a good connection with them. We've become a prisoner of our own ignorance.

A prisoner of our own vengeance, hatred, shortcomings, greed, wealth, power, fame and eventually we've become the prison guard of our own existence.

I: I appreciate the talk you gave me today.

He: don't thank me because I'm you.

You are me and I'm called the archer because I throw the arrows of contemplation towards your mind.

However, the distance between us is as thin as a hair strand;

From here to the nowhere land!!!

Goodbye for now.

Note: The followings are titles of the main steps used in drug addiction treatment and recovery in Congress 60. These valleys are explained more comprehensively in my other book “Love, Fourteen Valleys for Recovery” available on our website [www.c60.org](http://www.c60.org)

*The First Valley:*

*All structures begin with contemplation; without contemplation, all that exist will decline.*

*The Second Valley:*

*No creature comes into existence without a purpose; none of us are insignificant even if we think of ourselves as that.*

*The Third Valley:*

*We should know that nobody is concerned as deeply as a human being for his true self.*

*The Fourth Valley:*

*In vital matters, leaving the responsibility to God means neglecting one's own responsibility.*



### *The Fifth Valley:*

*Cognition alone is not the ultimate approach to problem solving in our world. It will be completed with experience and achievement.*

### *The Sixth Valley:*

*Wisdom's command, as the commander in chief, should be carried out accordingly.*

*The Seventh Valley:*

*The mystery and secret in  
discovering the truth lies in two  
factors: finding the right path and  
what we derive from it.*

*The Eighth Valley:*

*The path is revealed with progress*

*The Ninth Valley:*

*Tolerance is built when a force begins at a low level and gradually increases.*

*The Tenth Valley:*

*Human being past attributes don't remain the same because he is constantly changing.*

*The Eleventh Valley:*

*All roaring rivers and gushing  
springs will ultimately reach the  
sea and ocean.*

*The Twelfth Valley:*

*Ultimately, the first command is  
carried out.*

*The Thirteenth Valley:*

*The end of each point is the  
beginning of a new line.*

*The Fourteenth Valley:*

*Love is the only true existence; all  
else are empty containers.*



*Some people like to live in the past because they believe it was the best time in their lives and always envy the memories. They forget that to realize life we must feel every moment of it; every moment that passes has another moment in pursuit; living in the present means giving thanks, being grateful. One minute, everything is calm and the next minute could be different.*