

Worthy Lessons for All

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1. Always be Lighthearted
2. Never Take things in seriously and deeply
3. Clear and cleans your emotional body as you go
4. Do not accumulate karma
5. Be honest with yourself and to others
6. Express yourself honestly
7. Have nothing to fear
8. Avoid anger at all costs unless it serves to clear misunderstanding as to demonstrate your frankness and your contribution to the issues at hand. In such circumstances it is not anger you are expressing but passion.
9. Avoid negativity at all costs. It is a virus that consumes you more and more by plunging you into Dark further. It is the catalyst for insecurity and for unhappiness. It drains you of your light energies through dissipation and consumption of energy through futile activities that incite distrust and anger in others thereby deteriorating your relationship with others which lead to insecurity for most people. It discourages you from embarking into productive and joyful activities by triggering your ego which constantly nags and finds faults with everything thus negating and consequently depriving you from an otherwise joyful experience, experimentation, and lessons that could be learned.
10. Control ego. It is only a child living within you. It is an inexperienced, obstinate, unwise aspect of you that is within to alert you to the dangers of external abuse by expressing fear so you would become awakened and remedy the situation and nothing else. Beyond that it serves no purpose for you. Never listen to it beyond the sound of alarm that it makes analogous to a wake of

call. Always have a determined control for your ego and follow its temper tantrums and demands as you are dealing with a toddler, a child who does not know better. Be a parent to your ego rather than using it as a counselor and a caretaker. It is only a child you are dealing with. Carefully reflect upon the desires and the attitudes it demands of you.

11. Always go within and consult your HIGHERSELF, which is more of your entirety in essence; wise, learned, experienced, and powerful to access and indeed familiar with the higher dimension consciousness. Trust its diagnoses and its suggestions for remedies you are desperately seeking answers.
12. Trust your intuitions which are the thoughts, the beliefs, and the voices germinating from within your HIGHERSELF. Do not hesitate to listen and implement what you are hearing and feeling as there are no ambiguities associated with the precisions you are being gifted with. There is only one correct answer and that is what is manifested within your feelings and conscious and subconscious mind. Your intuitions need no further analysis, no discernment for rationality, and no logical interpretation. Do not taint the purity and the validity of your intuitive thoughts, feelings, and beliefs with doubts and pursuit of logical explanation as it only lead to confusion and to bafflement. Do not engage the logical mind in trying to comprehend the validity of your intuitions as it is capable of the logic that is inherent in higher dimensional knowledge and consciousness alien to your current capabilities pertinent to intelligence and discernment. Avoid the engagement of the mind in trying to understand your intuitions as logic is binary in nature, ever plagued by possibility of two entirely opposing responses; while intuition is monolithic in nature which stems from an inherent higher consciousness with its roots embedded in the very Almighty God which your essence originates from. The objective of the brain with its vast untapped continuum and capabilities is to serve as a work station that you can analyze and store data obtained mostly from your limited current 3D reality. Do not fathom brain as being your guide and your savior in life as it is only an equipment to facilitate primarily the conscious mind in storing and recalling data that you yourself let accumulate in its system. Although equipped with the pineal gland as a doorway to multi-dimensionality and hypothalamus as its universal translator to communicate

with beings of higher dimensions with pronounced higher consciousness and spiritual knowledge of the science of ALL THERE IS through a divined designed neural network of light energy, unfortunately at present these remarkable physical and biological organs remain in lumber, inactivated, and are sadly periodically tranquilized with high doses of chemicals to remain dormant and ineffective. This serves the Dark Cabal's agenda whose primary objective has remained faithful to the directive as to keep us in sleep by administering chemical and psychological warfare technologies as chemtrails [contaminating the atmosphere we breathe] and HARRP [mind altering] as well as poisoning us with contaminated foods. These chemical poisonings, mind controlling and mind altering devices and techniques has served their purpose as to carefully depriving us from the impetus or natural stimuli that would awaken us and render us even the minute possibility that we utilize our inherent capabilities of multi-dimensionality and triggering our higher consciousness potentiality readily inherent in our sophisticated biological and DNA/RNA system. The thymus is another remarkable gland in our body that works in synchronicity with our most sophisticated neurological and multi-dimensional electromagnetic energetic neural network field we commonly refer to as our 'heart.' Through insighting such a brief reference regarding the heart, it is obvious it is not merely a pumping station; rather a complex organ far more sophisticated than our brain, equipped with a multifaceted neural network, capable of rationality and logic, as well deciphering intuitive thoughts and emotions, both 3D and multi-dimensionally. As a result of the aforementioned air, food, and chemical poisoning, exasperated by use of mind altering devices and techniques we do not even get a chance to even remotely and lethargically activate our pineal gland, hypothalamus, and the thymus gland into even a rudimentary atrophic action.

13. Appreciate the value in everything, even the Dark. It is the Dark that makes you appreciate the Light. Dark often serves you to learn lessons in life that otherwise would not be feasible to do so.
14. Appreciate the value in pain. It is through pain that you come to deeply comprehend significant lessons in life. The higher is the pain, the deeper you go within to reflect to find a solution.

15. Learn to love yourself honestly and with humility. Loving yourself is a prerequisite to loving others. Self-love is not selfish and has nothing to do with utilization or interference of ego. Self-love is the love and appreciation for the Almighty God that lives within you. Self-love activates compassion for others. It is the shield against insecurity. Self-love triggers self-confident and power within. Self-love neutralizes fear and avoids unessential anger. Self-love is motivation to oneself and to others. Self-love brings peace and tranquility which is comforting to one and to others. Self-love brings happiness and positive energy to oneself and to others. Self-love is essential and pre-requisite to solitude and sovereignty.
16. Engage in solitude which motivates self-reflection. It is through silent reflection that you begin to get in touch with your HIGHERSELF, which is more of your entirety and your true essence. Through meditation and silent reflection you get closer to your soul by going within more often and seeking advice and the wisdom of your HIGHERSELF which is wise, multi-dimensional, and of much higher consciousness than you are [i.e., your SELF fragment]. Solitude helps acquiring peace by eliminating useless mind chatter. It is mind chatter that accentuates insecurity by constantly nagging at you. It is mind chatter that is responsible for inciting negative feelings that are self-destructive. It is mind chatter that engages you in a battle of logic by overthinking and dissipation of precious psychic energies. It is mind chatter that deprives you of precious time that could be expended in productivity, in experimentation leading to acquirement of more experience and learning more lessons in life; instead of futile sense of wondering or more correctly wandering aimlessly that leads to confusion, bafflement, and self-doubt.