



CHAPTER 11

Ten Steps of Resurrection

Throughout centuries people have made the idea of resurrection of the Spirit sound artificial and abnormal. They have made it something unnatural or something that is supernatural, to give the impression that only one person has ever been resurrected. But resurrection is a very practical, factual process. Everyday we are in the process of resurrection.

Man is captive, and his captivity is going to be broken. Throughout the ages, man has been the slave of his physical body. He gets sick, he suffers, he feels pain, agony, and eventually he dies. We can say that man became the captive of his body. How can man be the master of his body?

Man is also the captive of his emotional realms. There are many chains that bind man to his emotional body, making him a slave, and making it very difficult for him to advance on the path of light and resurrection. These chains are very familiar to us.

Hatred is one of the chains. Man is bound to hatred, and through hatred he is bound to his

emotional body. Throughout ages man has striven to release himself from hatred, but we see that hatred is still increasing in the world despite the currents of love, which are also increasing.

Fear is another chain with which man is bound. He must release himself from this chain. This is the process of resurrection. Some people think they are fearless. But fear is an octopus that chains your heart, your brain, your body, your emotions, your free thinking, and your free actions. This fear is stimulated, day and night, and imposed upon us.

Anger, malice, slander, and revenge are chains in which we are held captive. You can see revenge even in young children. How did we cultivate such a garden of vices? We have built a prison around ourselves, like a cocoon.

Man is also a captive in his mental body. There are many chains there. One of these chains is vanity. Once a person has fallen into vanity, it is very difficult to save him. He is stuck in the “mud” of vanity up to his nose. When a person becomes egocentric, it is very difficult to resurrect that person. These are the traps, the mental prisons in which humanity is now living.

Another chain imprisoning us is separatism, which exists very strongly in the human mind — mine, yours, ours, theirs. This entire captivity, which is imposed on us, is experienced by the human soul as suffering, pain, disease, and death.

Actually, captivity in itself is a school of discipline. Those who are intelligent will graduate from this school. Those who do not graduate will live forever in a vicious cycle of death, suffering, pain, and agony.

The Resurrected Ones advise us to break these chains. They are very eager to have us understand that resurrection is a practical matter. You can resurrect yourself every day. You can enter the path of resurrection and walk toward freedom every day, mastering the chains of your emotional, physical, and mental hindrances. Resurrected Ones are Those Who crack open a window, a gate, or a door for us and urge us to escape. There is an opportunity for escape, but one must work harder and strive forever so that he finds the way to escape. Every day he must be mastering some aspect of his physical, emotional, and mental natures.

Resurrection is to bring your two polarities together and shine your light. This means that Spirit must enlighten your physical nature. The physical nature must be sublimated in such a way that it becomes a fine vehicle for the Spirit, and your light shines.

Resurrection is balance and equilibrium between the two extremes of your nature. You are spiritual, but active in your physical body, and really enlightened and beautiful. Resurrection is also creating a focus within yourself. It is a coming

together, a coming to your senses. When a person, for example, is sitting securely on a chair, he may think that he is “together.” If he analyzes himself very clearly, however, he will see that in reality he is scattered into millions of pieces; there is no focus within himself. His mind is not together. His emotions, intentions, and directions are not together. This is why a person daily changes his mind, his direction. His devotion and dedication continuously find different objects of interest. His body does things that are against his ultimate resurrection and survival. For these reasons, we say that there is no focus in him. How can he pull all his pieces together and create focus so that he withdraws from the condition of scatteredness into wholeness, into focus?

Focus comes to a human being when he has a purpose in life and starts to reorient and repolarize all his energies, forces, thoughts, emotions, and urges and drives toward fulfilling that purpose. Focus collects all the pieces of the scattered person into a state of oneness — into the Self.

You are going to pull yourself together and become one within your Self. This is real resurrection. Essentially, the word “resurrection” means to be that which you were before. You were Spirit, but you are now scattered and captive in the three bodies. Resurrection is going back into your Self, seeing your face within your own Self and becoming your True Self.

Every time you do something that does not promote this kind of focus and concentration, it means you are working against your own resurrection.

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