



CHAPTER 11

---

*Holy Communion  
& its Meaning*

Holy Communion is one of the holy mysteries of the apostolic church. A holy mystery is a special mystery related to the higher powers. That is why it is a “holy” mystery. There are many mysteries that are not holy, but this mystery is specific, special. It was created for certain reasons to create certain results.

Before we go to the holy mystery itself, we should know first of all that this mystery was a ceremony. What is a ceremony? A ceremony means certain actions and movements that create certain results. For example, if I lift weights, my muscles will increase. If I run, certain things will happen in my body. If I dance, different things will happen in my emotions, body, and mind. Action creates reaction and results.

The holy mystery was a ceremony first. They started with a ceremony of movements and actions. Then it became a ritual. What is a ritual? A ritual is action, movement, plus thoughts and ideas. This is so interesting. Voice, music, color, and vestments are added, and they are all united now.

What does the ritual do? Ritual affects the inner consciousness. For example, your higher consciousness and your emotions are affected through ritual. If you do a ritual at your home, you will see that while your body is moving, while you are doing certain movements, some different emotional state of consciousness is awakening within your nature. This is because any action you do physically affects the emotions. It affects the mind as well. If your actions are scientifically organized and if the corresponding sound and thought are related to the action, then the power is deeper. For example, I can make a movement. This is an action, but if I have the thought in my mind that I love you, I respect you, now that became a ritual.

A holy mystery is more advanced than a ritual. It is action, sound, and thought — I really must respect and love you. Something in your emotions and mind is changing, but in the meantime in the holy mystery, mentally you are communicating with hosts of angels, invisible subjective forces, and bringing them together into your action so that you radiate a powerful influence on people and upon yourself. Now it became a holy mystery.

Every holy mystery has three things. First it has action, movements, for example, walking, dancing, singing, light, and color, all used scientifically. Then it has thoughts and ideas behind it about why you are doing it that way. For example,

you are turning and circling and coming back. Why are you turning? There is an idea behind it. What is the idea? You are greeting the four corners of the world, North, South, East, West. There is a meaning behind your movement. When you do a movement in the sign of a cross, what are you doing? You are making the sign and sending the thought, "I give my peace to you." You see, behind the movement, there is thought and idea.

Now, when it is a holy mystery, behind the action, behind the movement, behind the words, behind the ideas, behind the thoughts there is the power you are invoking from invisible forces to come and help you and charge your movements and voice and ceremony and ritual so that certain results eventuate. I want you really to understand these things because people take ceremony and ritual mechanically. It is not something to be taken mechanically. It has deep and powerful meaning.

Who created these ceremonies, rituals, and holy mysteries? Of course, they were created by great spiritual scientists, people who could see clairvoyantly, hear clairaudiently, people who could see what is happening when you do movements. For example, you can test this on yourself. Stand in front of a mirror and do something. What happens in your emotions when you do that movement?

A dancer does a movement and you feel something. What are you feeling? What you are feeling

is this: Enter into a swimming pool and move your hands. The water will move with the movement of your hands. Now, what is the water?

You are living in a certain field of energy. When you are making a movement, you are expanding your aura, your energy field, your electromagnetic body into the people. For example, I can say “I love you” woodenly, or I can breathe my whole love into it when I say “I love you.” Christ did something that religious people never understood. He exhaled while He said, “Take it.” With His breath, He gave His energy to the people. He said, “I give you the Holy Spirit,” and He exhaled on them.

What is that energy? It is His aura, His electromagnetic energy. The fire that He had around Him, He shared with people. That became a holy ritual and mystery if angelic forces were involved in it. Do you understand? It is so beautiful, but unfortunately these things are not explained. Maybe they don’t know or they don’t want to say. Who knows? But people don’t know what to do.

So what is a ceremony? Well, when five hundred people dress beautifully, in the same way, with candles, and walk rhythmically, with beautiful music, imagine what an influence it will give them! Do you see?

Unfortunately ceremonies and rituals became mechanical. Materialism and totalitarianism took over, and we are now empty without the holy mysteries.

This is the time to bring them back into our consciousness.

What do they use in Holy Communion? Being a holy mystery, Holy Communion uses three things, movements, rituals, and ceremonies, plus a sign of power and a word of power. The sign of power and the word of power are scientifically organized and formulated energy systems. For example, in this case the ancient church uses the following things. It makes a sign of power, a trinity; three energies; Light, Love, and Power; Father, Son, and Holy Spirit and man united in them. This is the sign of power, the cross. The cross is so powerful if it is done ceremoniously, ritualistically, mysteriously, or mystically.

For example, you say a word, but you don't mean it. If you say a word but you don't mean it, that word has no effect because the charge is not behind it. But if you say a word and you really mean it, it has an effect, and how much you mean it has more effect than if you mean it only superficially. And if you mean it with all your heart, all your soul, and your spirit, it has a tremendous effect. Do you understand a little?

So there is a sign of power and a word of power. What is the word of power? In this case, the word of power is "This is My body. This is My blood." Three words. "Drink it. Eat it." But if you take the Aramaic language in which He pronounced it,

it has a tremendously radioactive element. For example, the Old Latin, the old Hebrew, the old Armenian, they have charged formulas that bring the energy because the sounds are made, formulated scientifically. Especially the scientific formulas that they call mantrams have a tremendous effect.

When I was in an eastern country, a big snake came into the room. Our Teacher looked at the snake and said something in *Sanskrit*, and the snake turned around and left. I said, "What did you do to it?" It is power. God gave these powers to us long, long ago, but because we misused them they were taken back.

So in Holy Communion we have three things: movements and actions, thoughts and ideas, and also the involvement of angelic forces. For example, you can find this in Chinese, in Japanese, in old national languages that a sound is a number. If you say "C," "C" is three hundred, and if you make the "C" red, it attracts different angelic hosts. All higher systems in the Universe are systematized by numbers and colors and sounds. If you know the science of how to bring the influence, you will dress in certain colors, and you will say your words on certain notes. That is why if you go into a Latin church, they chant "Amen" in D natural, C natural.

They knew these things in ancient times, but this knowledge was lost. It became modernized.

It became rock and roll, “Jesus loves me.” Jesus is okay, but what is that? It doesn’t sound good because the movement is wrong. You don’t know what to do. You have a hammer in your hand, but instead of hammering the nail, you are hitting the head of the man. It is creating a totally different reaction.

Holy Communion is a tremendous thing, but people think it is Christian. I don’t want to hurt your feelings, but it isn’t. It was in all religions, in all traditions, but Christ synthesized, sublimated, and brought it to the summit. For example, what was the first communion ceremony? The first communion ceremony was to eat from one plate. People sat and ate from one plate, and from that one plate and by eating the same food, they felt that they were creating friendship, fraternity, and unity with each other. There were many evolutionary stages, but I am not going to give them all.

Second, the communion became blood. For example, they drank each other’s blood in many, many civilizations. Why did they drink blood? They knew that blood makes them blood brothers, blood sisters, blood family. After they drink your blood, they become one with your nature because blood is life. Your life and their life became one.

After many centuries, it changed and they started to cut their veins and unite their veins so

that their blood is united. For instance, if you go to the Middle East or the Far East, in the old traditions if a man is going to marry a woman, they cut a vein in their wrist and bind them, unite them together so that their blood goes into each other's body. Then they say, "Now you are united. You are one person, not two." Do you see? That was an old way.

Then communion changed into different ceremonies. For example, smoking the peace pipe was a ceremony of communion for the American Indians. The chief smokes the pipe and gives it to the next one and the next one smokes and gives it, all around. They are sitting in a circle and the circle is united in one spirit. There are maybe twenty-five examples like that, but it developed and developed into the Christ's mind. He said that this is the true one. Listen carefully. The true one is right action, right feeling, right thought, and right communion, gearing into the angelic forces. Do you see how beautiful it is?

Now, how will we take Holy Communion? Before you take Holy Communion, you will go through three stages. Suppose we were giving Holy Communion today. Yesterday, or maybe three days before today, or immediately before Holy Communion, there are three steps to take. The steps have very cute names. The first is *recognition*. The second is called the *shaming period*. The third is called the *decision period*.

What is the **recognition** period? The recognition period is this — before Holy Communion, you must know how obnoxious you were in the past. A great Apostle says that those who take Holy Communion without preparation hurt themselves. Why will I hurt myself? It is bread and a little wine, but because of the angelic forces, because of the sign of power, and the word of power, you have charged the bread and the wine in such a degree that they will crack your body, emotions, and mind if you did not prepare yourself to take that heavy vibration. And the Apostle says that that is why after Holy Communion people become cracked, people become worse than before. And that is what we are seeing.

So the preparation in the recognition period is a must. What did you do this year or yesterday or this month that was physically wrong, emotionally wrong, or mentally wrong. It is recognition. You are not judging yourself at first. You are saying, for example, “I stole a few books. I was Christmas shopping and I put a watch in my pocket.” These are physical things. Or, “When a boy was running after me, I just hit him.” Such kinds of things are physical.

If physically, you did wrong things, you are going to bring them into your mind from your subconsciousness, from your memory storage into your conscious mind, and say, “That was really a nasty thing. Why did I do that?” That is the first step.

In the second step you are going to feel **ashamed** of what you did, physically, emotionally, mentally. For example, you said many nasty things or thought nasty things. You were sitting in your room and somebody hurt you in the past, and you started bombarding him or her with your thought energy. “He is bad. I wish he would die. I hate him,” and so on. The poor man feels stomach pain all morning because someone is bombarding him. His solar plexus is going crazy. You hate him. There is malice and slander behind your thought, and continuously it is going to that man. Okay, you did such things.

Now you are going to sit down and feel ashamed. Why? Listen carefully. You are going to feel ashamed because every self-confrontation is taken in the presence of your Angel. You are sitting there and your Angel is watching and saying, “And then what?” “You know, I cursed.” “And then what?” You will feel really ashamed, just as you would feel ashamed in the presence of your father, your teacher, or your priest, of your mother, of your husband or wife. You become really ashamed. You are going to feel that feeling. First the action, and then the feeling. It is systematic — action, then feeling.

You are seeing the overall movement, what you did. Now you are going to feel it. Shame is feeling it. “Why did I say that word and create such a mess?”

You are feeling it now and you are very sorry. Even you may start crying and feeling really miserable because you did that. The deeper your feeling of shame, the deeper will be your cleansing.

The third step is the **decision**. Now what? “Okay, I did those things and I am really sorry for them. Now I am making a decision not to repeat them.” You were drinking, you were smoking, you were doping yourself, or you were using marijuana, hashish, cocaine, and such messes. Okay, you are making a decision. “I am not going to do that anymore.”

A drunk came to see me one day. He said, “Torkom, I didn’t do anything. I just drank one glass of wine.” “So what happened?” He said, “Then I beat my wife.” “Oh, then what happened?” He said, “My wife left me.” “Then what happened?” “My children are gone, too.” “All this mess for a little cup! Now, aren’t you ashamed?” “I am really ashamed,” he said. “What are you going to do?” I said. “Well,” he said, “I don’t know.” He did not change. “You are going to make a decision. Are you going to continue it?” He is not ready. He does not know. He does not yet have faith in himself.

The time of decision has come. You are going to make a decision because you are going to take Holy Communion. You are plugging yourself into

the electricity. What decision are you going to make? You will say, "You know, for one month, two months, three months, or for my life, I am going to stop that. I am going to stop that dirty mouth." Yak, yak, yak, yak!

Yesterday we had a beautiful Christmas banquet. We had a hundred people, and our choir sang so beautifully. I was in heaven. Then a man called me over. He said, "Did you see that man?" "What?" "He spoke so dirty about you." I said, "It is a Christmas party. Leave me alone." I am not kidding. This happened yesterday night.

Who cares what you say about me. It will come back and hit you. Every malice, every slander, every treason is an act of suicide. Do you understand that? It is suicide. "When are you going to come to your senses," we say to people, "and stop doing these things and make a decision?" Well, the church fathers organized Holy Communion so that every Sunday, or every year or every month, they corner you and make you to see yourself and be ashamed and make a decision not to repeat that. Do you understand how wise it is? The modern churches do not have these things. The ancient churches, the ancient church fathers of the apostolic succession knew what they were doing.

These three steps are so important because when the bread and the wine are served, they no

longer are bread and wine. That is what we cannot understand, and that is what makes it a mystery.

What is the bread? The bread is the body, but when you say “body,” you don’t have any idea what you are saying. The body is this physical body. The body is my emotions. The body is my ideas and thoughts and visions. The body is my intuition. The body is my higher bodies because I am the Spark in these bodies. When you are eating my body, you are eating my actions, my emotions, my thoughts, my visions, my willpower, my beauty, goodness, truth, and joy. Do you understand how beautiful this is?

What is the blood? The blood is the electricity in your machine. Blood is the joy. Blood is the life. Without that electricity, the machine is dead. I am cutting this short. We could have a whole seminar on this.

Now what are you doing when you are eating bread and drinking wine in a mystical sense? You are coming in contact with all of the vehicles of that Great Being and partaking of the Spirit of Him. You are becoming one with Him. Not just physically, emotionally, mentally, this or that, but really with the Spark, the Self, the Divinity. In this case, you are having a contact with the Divinity of other people, as well. For example, here is the Christ. You eat His body, mystically, and His blood, and each of you become one with Him.

But you also become one with each other. You become brothers and sisters, one hand with different fingers.

That is why one of the Apostles scolds somebody. He says, "Why are you lying to your brother? Didn't you take Holy Communion and become one with him?" If you have ears, you can understand. But if you have donkey ears, you will not understand. He said something so profound. He said that, now, because you have taken Holy Communion, you became one with Him. That is not enough. The second thing, which is the goal of human development and human perfection and betterment is to be one with each other.

Then another time the Apostle says, "Aren't we now one body?" My goodness! Is there a church, is there a group that is one body? Is there a government that is one body? Or is monkey business going on everywhere? That is our weakness.

So we come back to the main idea. Holy Communion creates power. Why do we have power? Now we are one with the source of that power and we are one with each other. Where there is unity, there is power.

Your body is powerful when there is unity in it. Your body is powerless when the blood, the nervous system, the lymph system work against each other, and there is no rhythm and organization and unity in them. That is why Christ said, "The family

that is divided will perish.” What is the antidote for this? It is unity. Unity creates power. Power creates success. Listen very carefully. Success creates influence. What is influence? You raise people into your level because of your unification and oneness and synthesis. It is so beautiful!

We are taking Holy Communion. We are ready because we passed the three levels. We sat down and said, “You know, friend, I lied about you, then I fabricated other things, but I am really sorry that I did these things. Angel do You see me? My face is really muddy.” There is the first stage and then you pass into the second stage. You are going to be ashamed of what you did. Unless you feel that shame, you cannot go to the third level.

In the third level you make decisions. You say, “Because I lied and hurt that man, or that woman, I must repair it, but how?” That is the first step. “Let me go see him. Then let me pay back what I hurt. How much did I hurt him? I hurt his reputation five thousand dollars worth. Here is five thousand dollars cash for him.” I am not joking. That is the way to ascend. And you go to your friend, “I really wronged you. I really was so bad. I am ashamed. Please take this and forgive me.” When he sees that you are really ashamed and have made a decision, he forgives you. This is the whole system that Christ created. It is so beautiful. There is no system that is equal to it.

## Effects of Communion

What can be the effects of Holy Communion? There are five effects.

**First, you become healthy if you are prepared.** If you are not prepared and if the vibration is high, the vibration may crack you. After Holy Communion when you feel together, you know that you were ready to take it. It is just like a boat. If your boat is really together, you can travel one hundred miles on the water and come back, but if your boat has a crack, the more you increase the speed, the more you go into greater danger.

You are going to make your airplane ready. The airplane is going. "Oh, it is nothing. There is a little crack in the wall." That little crack will take two hundred and seventy people down. Why? It was a little crack. Well, seal it before you start increasing your speed.

A boy came to me. He said, "Torkom, I am ready now to do meditation." "Wait a minute," I said. "Did you use drugs?" "No." "Marijuana?" "Yes." "Cocaine?" "Yeh, a little." "When?" I said. "Two months ago." "Well, you need seven years to rest before you do meditation." He said, "You don't know. I am going to start tomorrow." He is cracked now. He is in an asylum. Why? His brain was not ready for speeding his transformation. First repair your boat, or your airplane. Then go.

When you are ready, you will be healthy. You will be like a horse that is racing. His body is so beautiful and after he races, he is in joy because he did something so good. But if he had a little pain in his ankle, he will fall on the way because he is racing. Do you see? The spiritual path is racing. It is a race. That is why Saint Paul said, “Everyone is racing, but the one that will take the crown of victory is the one that was the most speedy one.” Do you see what he is saying? But we don’t know these things. That is the first one. It is physical.

**Second, you become calmer because you increase your control over your nervous system.** You become calmer, first, in a little storm. When you prepare, a greater storm comes in your life and you keep your equilibrium in that storm. As you continue, the storm increases because the storm increases to test how much calmer you are. Eventually the storms disappear because they say there is no use to test this man, this woman.

**Third, you become brighter in your thinking.** Brighter means not being sneaky, foxy. I do not know other words. You know them. They are familiar —sneaky, foxy, fabricating, intelligent, manipulating, and this or that. That is not the kind of person we are talking about.

He is brighter. He is light. He thinks in light, he relates in light, and whatever he is doing and

feeling and thinking is harmonious with his future perfection. That is a heavy sentence if you understand it. Everything you do is goalfitting for the future image of perfection that you are going to have.

**Fourth, as a result of these things, prosperity comes to your life, but a prosperity that you enjoy.** It is not a prosperity that becomes your own burden. I have seen many millionaires. They said they were unhappy. I said, “Your millions are your curse. It did not come to you as a result of your beauty, of your goodness, of your righteousness. You stole them. And because you stole them and manipulated and exploited people to make that money, it became your own curse.” They are unhealthy, physically, emotionally, mentally, but they can sign for ten million dollars with one signature. What is the use of it? The prosperity that we are talking about is righteous prosperity that comes to your life.

**Fifth, joy increases in your heart.** My Father once said that joy is a great thermometer. If the temperature increases, if joy increases, it means you are in the right path. If joy decreases, be careful. You are going the wrong way. These are the five effects of Holy Communion.

## Inner Meaning of Communion

Let us go now to the inner meaning. *Holy Communion makes you one family.* Unless you are one family, you are not on the path of perfection. You must understand this a little deeper now. Unless your body, nervous system, blood, and everything in your body come together, you are not a human being. You are not on the path of perfection, of evolution, let us say.

So, the path of perfection is the path of gradient unifications. Man became a unity. He is a unit. Then he is integrated. He is “together.” He is spiritually, mentally, emotionally, and physically a unity. Then another unity, the family is formed. Then another unity, children are formed. Then a group is formed. Then a nation is formed. Then a United Nations is formed, if it is formed. Then one world is formed. Wherever we are missing the unification process, we are failing there. We are defeating ourselves.

*Second, you become one with the consciousness of Christ.* If you really prepare and take it scientifically, if you are psychologically ready, you feel that Christ is living within you. And when Christ is living within you, you will be careful of how to look, what to say, what to do, what to think — because Christ is living within you.

This is a super-psychological treatment. It is a healing process. It is really a healing process. It is healing the cleavages. Cleavages are the cause of all our miseries. Tomorrow, if we blow up our world, it will be because of cleavages. Why do you sit at home, unhappy, and think until morning? There is a cleavage between you and something else. Why is your body unhealthy? There is a cleavage in your body. So this is a supersonic healing process that the fathers created under the instruction of Christ.

*Third, love unites in your heart all living beings.* You become love. This is so beautiful. Hatred, gossip, fear, anger, and jealousy do not exist any more. You do not go and gossip and separate people, slander people, or build walls between them. Be careful if you do, because it is going to hit you so hard. Love unites you with the animal kingdom, with the Divine Kingdom, with everything.

*Fourth, an organized body is created.* That is why one of the Apostles said something very secret. He said to a congregation, "Don't you know that Christ is your head." The power controlling station in you and in the group is Christ. Did you reach that level?

What happens in Holy Communion? Let me say a few words about this. When you take the bread and sound the word of power and make the sign of power, immediately it creates a magnetic link between the corresponding angels and the Chalice and the bread. They surround the Chalice and rings of rainbows start to form around the Chalice, because angels are rainbows. Through this action, etheric, astral, mental, and spiritual energies or bodies around the matter of the bread and wine start to form and energize and charge them. When you are sounding His word, His influence comes. Then, as the church says, a transubstantiation happens in the bread and wine.

I hope this has helped you to see this mystery a little deeper.

