

Johnny Cyvert

*Inner  
Light*

When you know the goal,  
It is easy to stay on the right track!



# Inner Light

By Johnny Cyvert

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# Introduction

by Ivar Sinklov

We all have an inner light, the problem is, many people are so busy doing all the daily essentials, they just ignore this wonderful light. It is a light that can change you destiny, save your life and give you great spiritual insight. I have experienced all of that and more, just like Johnny.

The inner light is based on notes jotted down as Johnny was inspired by his inner light. He could have written it in Danish or Hebrew but decided on English which is his third language. Grammatically you might sometimes find it a challenge to understand exactly how to interpret it, however that can be rather amusing, and it is so Johnny.

In 2015 Johnny showed me his inner light notes. I felt that many would enjoy reading them. Therefore, I offered to design the book that that is now distributed free of charge in PDF format. For those wishing to read a printed version, it can be purchased from a bookstore or borrowed at the library.

Something that might also be mentioned is that Johnny has been a Kung-Fu champion since his youth where he graduated in Hong Kong. He founded the first real Kung-Fu school in Denmark and ran it until he retired.

Please enjoy the book





# 1

*Be that person that you were meant to be. Be your true self,  
without inwardly battle, between right and wrong.*

## 2

*The tree planted, will grow and carry fruits by itself,  
without any effort by man.*

## 3

*The more increase of knowledge,  
the less increase of wisdom.*

## 4

*A seed was sown, and soon it grows up, to become a little  
pretty flower, but as it began to bloom, some evil men set  
their eyes on it, and were very upset. Therefore they plucked  
it out from the ground, threw it there and stamped it down  
with their feet, until no more life was in it. Then they went  
on to their church, with peace in their hearts praying to God,  
feeling merry because of their good deed performed.*

5

*Family and friends will under no circumstance accept a change in your life. If you begin to differ from the frame in which they hold you enclosed, then will they, in every possible way, seek to make you return, to your old pattern of lifestyle.*

6

*Former times will never return, as life is ever moving forward. We ought to follow in its paths; otherwise will we perish in its flow.*

7

*We can only feel alive now,  
by letting the memories of yesterday go.*

8

*Proud untouchable are the mountains reaching toward the sky, the oceans deep and mysteriously, both beyond the changes of man. Millions of years they are, beholding the changes around them, unchangeable they are, telling their story of ancient times, unto the one who are listening.*

9

*To act contrary to one's nature will never end well.  
Keeping true to oneself keeps one in perfect harmony.*

10

*We all had dreams, which we so desired. We could hardly bare them, not coming through, but as we walk on and learn to accept the life, destiny offers us, then we set our dreams aside, waking up and being active in the real world, and struggle to make some sort of meaning out of our life.*

11

*Surrounded of people sitting near the fire, with a bone in their hair, eating with clubs by their sides, on the ground, do I speak to them, will I be responded with grunting sounds, and a hissing to warn me, to stay away from their meat.*

12

*His voice is heard in the wind, he dwells in the clouds, and the mountains are filled with his presence. He is everywhere, though sitting on his throne deep in the sky.*

13

*As things happen, so they are meant to be. So why bother saying, if only things would be different.*

14

*Sink deep into your soul,  
to discover the cause of disturbance of its peace.*

15

*If a man finds the ancient wisdom,  
he will fly in the sky, above the forest.*

16

*Because of minor things,  
we often destroy our life.*

17

*Why bother seeking an answer in this world, when the true answer is to be found at the bottom of your soul.*

18

*We need to understand that our worse enemy, always live closely within us, and with any opportunity will attack us.*

19

*Do not be sorry because of failures done;  
rather be thankful for such lessons in life.*

*Don't repeat theme though,  
otherwise you become a fool.*

20

*No one was born wise,  
but through stripes and wounds in life,  
we achieve wisdom.*

21

*When the mind listens to the voice of the soul,  
it makes the man whole.*

22

*The desire of the eyes, grieves the heart.*

23

*Do you remember in your late youth, the season in your  
heart, as the first day of autumn in the hills of Jerusalem,  
when your flower was burning red, on its last blooming,  
before it would fade, gone forever?*

24

*There is a time when our faith leaves the heart, to dwell in  
the mind only.*

25

*All sin in the world dwells in every man.  
So when we condemn others,  
we actually condemn ourselves.*

26

*Difficult experiences can cause our faith  
to return, to the heart.*

27

*Do not listen to a fools reasoning,  
why destroy oneself.*

28

*There are those who love the ways of darkness,  
and hate the way off light.*

29

*Not facing the truth in time, will cause many sufferings.*

30

*Do you remember when you disappointed gave your flowers  
to every stranger, you met on the way?*

31

*The dead in his coffin, waiting for his journey ahead, friends  
and family sitting around him, in the ceremony with songs  
to declare a last farewell. He wishes them to remain, though  
he knows he must leave them. Everything and everybody  
he must leave behind, even his body, it was all a loan for  
a while. He wishes time to stop, but it draws in his soul, to  
walk on with a last farewell to them all.*

32

*Do not pour out your virgin unto men that will cause you  
grief. Give your virgin unto heaven, it won't forsake you.*

33

*Don't listen to the words; listen to the voice of the heart. The  
words are often untrue, but the voice of the heart is true.*

34

*Faith increases through experiences.*

35

*Gather all your flowers in a bunch; throw them away,  
for their promises are deceit, without everlasting promise.*

*Yield your life to the everlasting flower only.*

36

*Do not allow someone form you according to his mind,  
otherwise you will go astray.*

37

*Love survives death, because he, who loves, abides in life.*

38

*When the battle is fruitless, why bother to fight.*

*Seek your own way.*

39

*Your questions in life will be answered  
as you progress in the way.*

40

*Meditate on the inner voice; be set free from the bondage  
of desires and sufferings of the mind and body.*

*You are guided through your lifetime, by the inner learning,  
the inner voice, which is your real self.  
Show it forth in your way of living.*

41

*If you believe you cannot, then disbelieve controls your life.*

42

*Leave the warm rooms, come out and join us  
in the wilderness. We are naked, we thirst, but with hope  
in a living testimony of the unseen world.*

43

*Because of the many changing impressions and experi-  
ences we pass through during our lifetime, we are not the  
same persons from moment to moment. Constant changing  
through the process of life, past memories are they unto us,  
as other persons dwell within us.*

44

*You are guided through your lifetime,  
by the inner learning, the inner voice, which is your real self.  
Show it forth in your way of living.*

45

*Meditate on your problem, the thing which stumble you.  
Don't deny its existence, otherwise it will persecute you.  
Frame it in your mind, look at it in its true form,  
see the emptiness in it,  
then dissolve it and free your mind.*

46

*Be active in sorrow, so you don't nourish it;  
rather make use of this negative force,  
to push you to another direction.*

47

*If you are without desires,  
the pain of longings will not hold you.*

48

*Real greatness is to express oneself, to others  
with your own soul, beyond the mask of pretense.*

49

*If you don't face and overcome your problem today,  
then it will attack you from behind, later.*

50

*Admit your weaknesses so you protect yourself,  
with the stronger parts of yourself.*

51

*The people we love, or have loved,  
are always living within us.*

52

*We cannot return to whom we once were.  
Life changes our image; we must accept  
and act according to our present personality.*

53

*Love is the only thing,  
which vanity cannot control and go beyond.*

54

*We act differently in pain, some carry it valiantly,  
while others turn against those they before loved.*

55

*You may fail, but at least you tried.*

56

*When you are emotional tied up in a situation,  
you will have a poor judgement.*

57

*False security you have in sameness.  
True security you have in an ever developing soul.*

58

*Now and then, one will find  
what he seeks for, in his own within.*

59

*Take hard times in life as challenges stimulates the mind.*

60

*The moving winds twisting and turning the soul  
from every side. The way is in the midst of the storm.  
Knowing the way, the winds will be still.*

61

*North, south, east and western winds, they all work to direct  
you, pushing you away from wrong paths, to the right way.*

62

*Try not to see, what you see. Try not to hear, what you hear.*

*Try not to feel, what you feel. Listen to your mind,  
and you will go astray. See what you don't see.*

*Listen to what you don't hear. Feel, what you don't feel.*

*Listen to the inner voice, and remain in the way.*

63

*Enjoy your dream fully because suddenly it disappears as  
you wake up in your bed, with bloody tears asking:  
why did I wake up? Let me back in my dream! Catch it with  
your hands, don't let it go when it appears, make it real.*

64

*The light shines in the dark chambers, of the soul; the time  
has come, to be set free by the light, which is seen. Deal with  
the little tares one by one, as they appear, let bitterness of  
the heart flee, and sit in silence waiting for guidance.*

65

*The inwardly withered one, depart from him,  
before it's too late.*

66

*Don't force me, said my soul unto me. Leave me at rest, that  
I may discover the source of life, with inner feeling.*

67

*My origin wants to fight back, when cruelty arises around  
me, but the little wise voice compasses me round about,  
makes me calm.*

68

*I find myself a place of rest, sitting quietly and waiting,  
then this wonderful flow of love fills me up,  
makes my head burning with joy.*

69

*If only I was loving, if only my heart was pure,  
if only my thoughts were white as new fallen snow,  
then could I leave this torment, staying in this body of clay,  
and be caught up in heaven.*

70

*The evil within us must come up to our surface, in order to  
be known as evil, then to be cast out.*

71

*A moment I am, as the bird in the sky, flying freely singing for God, but soon I find myself imprisoned in my flesh, so strong, so tied, still with the little bird within, as were it in its cage. It sings its songs in foreign languages, none of its own; still its feeling is known. It flies out, to sit on someone's hand for a while. The cage become so dull... my clay, this wooden house is in danger, fire is burning, will it all utterly be burned. o little bird, come soon back to your cage, expand your wings through its bars, and fly high up in the sky, to finish your song for God.*

72

*The soul has left the body, as a bird has left its nest, for never again return. To where it go... where is its new habitation... will this meaningless battle be over now or will it first now really starts in eternity... will the soul of man ever finds its rest... how scary can it be... so blind we are in this dark age.*

73

*The fisherman waits for the sea to be still, before he sails out to cast his net. The carpenter waits for the right kind of*

*wood, before he starts carving the furniture. The cat first hypnotizes its victim before attacking. The fighter waits for the right moment. The wise guards himself with patience before he acts, he shakes his head at the fools, who find him inactive and lazy. He knows what he waits for.*

*Let the spirit guide you.*

74

*Do not let the desires of your heart  
blind the sight of your eyes.*

75

*Could it be so, when we leave this body to the dust,  
that our inner man will begin a long journey,  
until he finds his finally home...  
it would be wise to prepare for this journey,  
otherwise it may be harder.*

76

*So miserable, so broken they seem. They appear unto the world as the worse ones, punished for their open faults. Still, no one lay to the heart, how God prunes their hearts,*

*for they carry his word of truth within.  
Their secret faults come up to the surface of their sea;  
they are no more in the deep.  
How comes, no one lays to the heart why the ones  
with secret, inner sins are never punished...  
he feels himself save, as his sin is hidden from the world.  
They may be the dung of the world, still the one who suffers,  
has ceased from sin. Who hears when they cry unto God,  
in their pains, when God purify their souls?  
The evil on the surface of the sea, found its way  
to leave the bottom, the ocean of the mind.  
Let the dark soul hide its evil, hidden within,  
but the day he will be undressed, what will he do.*

*77*

*Those walls, I see them all around.  
Still the moment I choose to remain in this plastic man,  
they all will fall. But then will this bottomless pit persecute  
my soul, until I return to seek this inner being, in them all  
around. So short, just for a tiny while, are we all around.  
Yesterday I was young, with joys of the youth, but today I*

*am old, and tomorrow I will leave it all behind, in my death.*

*What covers our eyes, but those plastics of the world? We allow those things to tie up our souls in bonds, those desires, are like a spiders web to ourselves. We must be strong, and remain in those things, we have seen, and form a true image, in our inner world, and expressing this in our life.*

*As travelers in a strange land, in this feeble body, but let it not take control, it will soon decay, and our soul in its journey, to a world which is unknown today.*

78

*Be at rest; be not scared if you feel empty, then the truth first will be revealed within you.*

*In silence you will hear the voice.*

79

*If you dwell on the past, you will lose the opportunity of the present.*

80

*When a man seeks to establish his own righteousness, he will not listen to the inner voice.*

81

*We do not see, because we use the eye.*

*We do not hear, because we use the ear.*

*We do not feel, because of the hearts emotions.*

82

*How is it we all are so weak, though seeing the truth,*

*we still aim at our lost ways, captured by desires,*

*which lead to our usual sufferings.*

83

*Despite this veil which covers the whole world, I feel sure  
that the day will come, when light will shine all over the  
world, then we all will say of course it is so, why did we not  
see it before, it was always speaking deep inside our hearts,*

*still we did not believed it,*

*so we failed to be the children of the light.*

84

*One should not be grieved, nor upset when ones daily  
routine is disturbed. Interferences from outside is destinies  
way to make one's life, more spontaneously.*

85

*Death doth not scare me; it will eventually come to all.  
What scares me is not to be on the narrow path.*

86

*As shadows we all are walking, ignorant about the life  
which casts the shadow we live in.*

87

*Somehow are we responsible toward all those we meet on  
our life journey.*

88

*It is well having emotions, as they are signs of life, still to be  
carried away and be lost in them, will be unwise.*

89

*We must learn to go, on despite our loses,  
and look ahead for new experiences,  
happy moments and new friends.  
If we keep our minds wide open,  
will there always be new ways replacing the old.*

90

*If you go astray in the forest, there are three things to do.*

*1) To throw yourself to the ground, giving up.*

*2) First go in one direction then another, coming nowhere.*

*3) Finally walk in one direction,  
and in this way come out in the end.*

91

*I wish to avoid sufferings,  
but appreciate what I learn, about life, going through them.*

92

*God appreciate a willing heart, and enables us to walk the  
way.*

93

*I read the words written within my soul.*

94

*Actually darkness doesn't exists,  
when light is turned on, it's nowhere.*

95

*The wounds of the heart purify the soul.*

96

*It is not what a man carries, that makes him a slave  
it is what he feels in his soul which makes him a slave.*

97

*People love to sit and talk about things,  
they never will get done.*

98

*Life is like grasping a handful of water,  
you can't hold it, only the hands get wet.  
And so little you understand the meaning of life.*

99

*Some will others won't,  
it depends on the condition of heart and Gods goodwill.  
In the end it's all a gift from God  
both be willing and be able to see and to walk  
the way which leads to heaven.*

100

*Small mistakes are forerunners for greater ones to be done.*

101

*Adversity in our life forms a beautiful heart  
for those who listen and learn.*

102

*The withering of a plant starts at the top.  
If we neglect to cut it off in time, the withering will go deeper  
until it reaches the root and the plant dies.*

103

*There is a time where the beauty of a man fades,  
it may happen to save his life, his soul but as the plant  
he will flourish again.*

104

*Every new day given us, is an opportunity to even deeper  
repentance, and a better heavenly habitation.*

105

*You are not alone. There are others like you.*

106

*A withering of a plant may need to be cut down to save the root. The beauty of a man may be consumed to save his soul.*

107

*There is no need to search for beauty, as it is always besides for the one with his mind open.*

108

*When words of wisdom enter your heart then make them alive in deed. Otherwise they will be as seed not sown, and the heart will still be lost and empty.*

109

*Seek for little sheep they are in the midst of the crowd, earning to listen to the word hidden in your heart.*

110

*The way is not hard; it is our ego which makes it difficult. Loving God ease the sting of pain.*

111

*The soul in man will regain its lost image, from the forgotten*

*world, through sufferings.*

*The embryo within its mother's womb,  
could tell secrets that you desire to hear.  
Could we reach beyond our natural being,  
then our days would be light as the fallen snow.*

112

*You wish to break mountains, for the sake of the truth.  
But it all may be done, by moving a little stone.*

113

*A little smile, a kind word, a kind gesture,  
has tremendous effect for the needy.*

114

*Actually darkness doesn't exist when light appears,  
what happened to darkness?  
Let therefore light shine in your heart  
and darkness will disappear.*

115

*God may allow sufferings to keep us awake, to prevent us  
being lukewarm and sleep the sleep of death.*

116

*Be transparent as glass, though your weak parts  
will appear, the heavenly enlighthments will be seen as well  
To see things as they are indeed, will set us free from desires  
and ambitions, in life.*

117

*Love has a prize, still it cannot be bought. It is a gift.  
But when it is freely given, then we will know it has its prize.*

118

*Though we all have had great sorrows in our life,  
will we still be able, to find other things  
which make life worth living.*

119

*Failures may be allowed to teach us, that we need Gods help  
and can't rely on our own strength and self-justification.*

120

*Too much self-discipline brings you into bondage and you  
will miss the current of life.*

121

*When wisdom seeks to enter your heart, do embrace it,  
don't let it go, it may save your soul out of many troubles.*

122

*Regularly, check your inner mailbox. There may be some  
mail from heaven, for you, time by time.*

123

*God speaks often to our within, but we are too busy with  
other things to listen. It would be wise, now and then,  
to stop up and give time, listening to our within  
who are related with the spiritual world.*

124

*It softens the heart of people around,  
when Gods light shines through his children.*

125

*It is the good relations we enjoy with others  
that we bring with us into eternity.  
Not worldly possessions and prides of life.*

126

*Listen to the cry of your soul, for she knows the way. Shun  
the voice of the ego, for why stray from the way?*

127

*Though God is merciful, he is not fooled. Therefore stop all  
your tricky ways and excuses and be honest.*

128

*We ought to be grateful for every day given us, as each day  
gives us the opportunity for further repentance and then  
growing more into the image of child of God. Only few un-  
derstand that the meaning in life is to become child of God.*

129

*To find pleasure in stolen moments of joy, not really parts of  
reality will confuse the mind. And when reality wakes us up,  
the heart will hurt. Better to face the truth in time,  
and avoid great sufferings.*

130

*A tree standing firm in the ground can't move around,  
still it can yield tasty fruit for those passing by.*

131

*The branch on the wine willingly let the gardener prune it  
whenever sickly sprouts appear on it,*

132

*Those evils are not me; I shun them gently without force  
that my soul will come near heaven.*

133

*Everything we have, all things we can do, even our very  
Life: body and soul are borrowed to us for season. When  
God takes it from us, he takes what belongs to him back.  
And counts how we used it: wisely or foolishly.*

134

*Without concern and feeling for others,  
you make yourself a heart of stone  
losing your own true self  
to your own destruction in the end.*

135

*Those with no heart for others,  
have no heart for themselves as well.*

136

*If everyone in the world, would do something nice f  
or someone else, in one same day,  
then would the world change that day.*

137

*If you aren't prepared to do it for yourself,  
how can you expect someone else to do it for you?  
And when you fall, get up quickly; don't count on someone  
to assist you getting up. And the more you delay to do a  
thing, the more difficult it'll be to get started.*

138

*Be your own best friend, and be brave in that unity,  
because many battles wait on the highway to heaven.*

139

*There comes a time where we sink deep in the swamp,  
and we may feel all is lost even our very existence. But deep  
down on the bottom of the swamp, we may reunite with our  
true self, and in this unity we will realize what we indeed  
want in our life. We embrace ourselves with love raise up*

*our hands to heaven, and are guided further on from the mud until real living through our caring father's mercy and grace. Still to remain in the way, every single dark thought, intention and deed need to be snapped in time and eliminated otherwise we will fail, keeping hold unto our true being, who is the key to the gate (Yeshua) of heaven.*

140

*It may be hard to walk in the way,  
still unbearable to be outside the way.*

141

*Don't look at me what I am, neither what I can...  
Look at me: who I am?*

142

*When we sit in a dark room, all things there appear dark.  
Turn on just a tiny light, and we will see things as they  
indeed are. Just one good thought and your  
heart is enlightened. You will see things in their  
right perspective, and leave darkness.  
Acknowledge therefore the good things in your life.*

143

*When a door opens, and we don't enter, we can only blame ourselves for the misfortune that will be our share, at a later stage in our life.*

144

*The words of God are like the cuttings of a sword, but the wounded soul will heal, and be in perfect shape.*

145

*The one who walks according to the advices of darkness doesn't believe in the existence of light.*

*The power of darkness blinds the sight of his eyes.*

*The one, who walks according to the advices of light, walks out and away from darkness.*

146

*Right attitude is inner light. When opportunity comes, the act will naturally works by itself.*

147

*When God with a gentle wave, flows inside our heart, showing our faults, then tears of repentance drip from our being.*

148

*Be silent and observant. If you seek wisdom to enter your heart, then be silent and behold things around you, don't be for or against, but see things as they are.*

149

*We are all born as originals, but most die as copies.*

150

*If we could dismiss our past daily, then every morning would be the beginning of a new life.*

151

*If we only could learn, to give God the first place in our life, under all circumstances, then we will be in that harmony with all things.*

152

*Don't be a hypocrite, by hiding your weak sides with a mask of pretense. Be transparent as glass, and your good sides will be seen as well and your words will be respected.*

153

*When you see yourself in the mirror,  
you may see a tired or fading face.*

*When you think about your life how little you've achieved.*

*Don't despair don't feel your useless moving nowhere.*

*For behind this flesh and beyond your mind*

*is there a lovely and beautiful soul*

*who is loved by God as the soul loves him,*

*and longs for unity,*

*and this is what matters in the life.*

154

*If God opens the door, who can close it,*

*if He closes a door, who opens it,*

*with this in mind, we still do our very best,*

*knowing that this is what He expects from us.*

155

*A good thing to be acquainted with difficult people is that it  
places us in situations that cause us to sharpen our thoughts  
and then create within us, inner development.*

156

*Sometimes it's just a matter to get started,  
no matter how hopeless the situation seems to appear,  
and the matter will be solved.*

157

*In our soul we are like a ship, sailing on our inner oceans:  
There are times the waters are peaceful and there are times  
with stormy waters. We can't control it. We do our very best  
to arrive in the end, at our destination. The state of our inner  
world can change from moment to moment, even without  
any influence from the outside world. We need to be strong  
in our determination of our desired goal,  
otherwise we fail and the reason for our life is vested.*

158

*Self-pity is a great hindrance for the development of our  
personality. Troubles and trials form our inner person with  
character and wisdom, which guides us back to heaven.  
While those ever complain about their bad luck abide in  
darkness and their end will be in a long eternal night...*

159

*When things go well, we take it for granted.*

*But with slightest trouble we complain.*

*How unreasonable we are.*

160

*It may happen in a twinkle of an eye, it may take a lifetime.*

*It may sadly never happen.*

*But I know for certain the importance to keep the doors of  
our heart wide open, day and night.*

161

*It's not how much we give which counts, but what we give  
from our heart that is precious.*

162

*One can't escape from his shadow; he must face it and learn  
to cope with it.*

163

*Don't plan your life too much...*

*Give room for inner guidance and be alive.*

164

*There are those who have it in them, and there are others  
who simply don't have it in them. We are what we are  
and hard times will reveal the truth about ourselves.*

165

*Maybe the time we go through tremendous sufferings,  
are a cause to wake us up from spiritual sleep,  
so we won't be lost in our ignorance.*

166

*A monk from the mountains of Tibet,  
who is able to elevate his body from the ground,  
says; keep your mind open....and: learn always.*

167

*Without awareness of darkness how will we know light?  
Would we appreciate the good without passing through evil?*

168

*The darker the heaven by night,  
the brighter the stars appear.*

169

*There may be a time that God pluck us up by the roots, from our safe ground and places us in the desert where no man can help, to teach us that when it really matters only he can save us. This will force us to increase in faith and make our way with him real. And if we come through that experience we will be assured he is with us and loves us.*

170

*We can choose to either to be a part of the world's big game, or to participate in the light.*

171

*To have discipline and structure in our life is well, but not to overdo it. Give room for inner guidance and intuition.*

172

*It is the drop of a tear of God, dripping into our heart, which leads us to repentance. When we really understand how much it grieves God to behold all the evil and ignorance of the children of the world.  
Then we do our very best to repent.*

173

*Even we are marked and considered as slain.  
God has the might to rise us up again.  
And then now we willingly will walk in his ways.*

174

*Empty yourself concerning your own idea about God,  
who he is and what his plan is, so he can tell you the truth.*

175

*A foolish person constantly complains over his troubles.  
But the wise person seeks, diligently within himself,  
to find the cause of his troubles.*

176

*It can be a scary thing to walk in the way...  
but without doubt more scary to be out of it.*

177

*When those we love deeply disappoint us,  
we can learn a bit how God may feel,  
who loves us, when we so often forsake him.*

178

*Beyond the clouds the sun shines forever.*

179

*Leave the dark thoughts, however true they may be, and seek for yourself beautifully moments and have a heart of beauty and in peace where no winds will shake you.*

180

*Some rivers are thundering and forceful. Then there are springs running softly with peace, whatever both will reach their aim, by following the cause of their nature.*

181

*There are always beautiful sights around you,  
if you just open your eyes.*

182

*Many are scared to be alone in silence, because then they will be aware of the empty space in their heart, so they constantly pursue to be entertained in order to reject the cry of the soul.*

183

*When the sky is darkest, the stars appear even brighter.*

184

*A man must agree with himself (inner balance) before he can  
perfect the deeds he is about to do.*

185

*What we think about ourselves, that we will become. There-  
fore we should be very careful about which thoughts to be  
allowed.*

186

*I sat outside on the grass after much discouragement  
and unrest. I closed my eyes and heard a bird  
singing its song before going to sleep....  
and I listened to its song and not to my many thoughts....  
Sing little bird; let your song fill up my heart.*

187

*There are always beauty sights around us which give unto  
us moments of peace. We need only to have our heart open.*

188

*A wounded animal withdraws itself to a place of isolation.*

*Who knows if it is a way of a silent prayer to be healed?*

*Why should we act otherwise?*

*We all follow the rhythm of the nature.*

189

*We should seek God, not because what He can give us,*

*but because we love Him and want to be near Him.*

190

*The swan knows his direction, feels his time as he rests on the lake, in the heat of the sun. He knows that the season will change, and he must leave, leave everything behind. He doesn't gather for the winter, but waits for the feeling in his wings to come, and then he knows it is time. Never tied to the lake, gathers only what he needs for the journey ahead, he knows how the warm water will freeze*

191

*In the heart of man dwells a virgin; the soul. Keep her diligently, because on her depends your whole purpose of life.*

192

*Love cannot be framed, it frames you.  
You may see a glance of it, as in a piece of a mirror.  
You can't hold it. It humbles you,  
but brings joy to your heart.*

193

*Better to keep one commandment in love,  
than 1000 full of fear.  
The one has life within it,  
while the 1000 only work evil in the soul.*

194

*As words mingle from lips to lips,  
so does a heart speaks to hearts in secret.  
Even our spirits speak together in a secret language.*

195

*As the wind rushing in the leaves in the tree,  
but the trunk stands firm unshakeable.  
So desires of life pass,  
they blow over my mind, still the soul stands firm.*

196

*Before you judge someone,  
know that everyone has his own story to tell,  
if only you would know that story, you should never judge.*

197

*To think and to prepare in silence,  
to wait with patience, everything which is true has life,  
and life grows and develops by itself in its season.*

198

*We can dig in the garden, even with all our strength  
and we can faint. But it is first when the seed is sown  
that change will come through.*

199

*Age and wisdom are two trees, standing side by side.  
Still it happens that the tree of wisdom withers,  
while the tree of age continues to grow.*

200

*Build your house stone by stone,  
being sure the last will be firm, before you lay the next.*

201

*The greatest art is to express oneself in one's daily life.*

201

*Listen for the teaching voice of your heart.*

*Do not follow the way of self-oppression.*

203

*Rather lay one stone on the ground,  
than build a castle in a dream.*

204

*Do not expect something from others;  
rather be thankful for the little there really is between you.*

205

*Be faithful toward the deepest within you,  
do nothing for the sake of worldly gain.*

206

*When there is no shepherd, the sheep bother each other.*

*Do not let novices be alone together,  
because then they all fight to be masters.*

207

*A man's need is what causes him to behave foolishly.*

208

*The man, who has his inner mind open, can see his own evil  
and falsities, as those are beneath the spiritual mind.*

209

*Repent in deed, not in words only.*

210

*Do not mix lust with love.*

211

*Accept changes coming into your life,  
do not resist them, and you will find peace.*

212

*Do not justify yourself,  
and do not hurry to make a crooked path straight.  
Wait for the answer to arise within yourself,  
it is there hidden in your own depth,  
it is inspired by the great origin.*

213

*Love in the beginning can be a struggle until it is established.*

214

*Love is freedom,  
but one must be brave to remain in that freedom.*

215

*As the great thundering waterfall continues down into the  
river and the living stream peacefully passes land.  
So will the emotional height of love silently continue  
into a deep living stream.*

216

*Fly high in the sky and you are an easy target.*

217

*If we pay attention to what the inner person desires  
and tells us, the sting will vanish.*

218

*Do not ignore it; do not despair because of your imperfec-  
tion. Take it as a challenge, be wise and overcome it.*

219

*The time one feels his life getting totally destroyed,  
may be the very time that he really is being built up.*

220

*Poison works on the strongest men.*

221

*When you want to become, you may reject what you are.  
Real way of becoming, is to let your true self be expressed.*

*Let your depth come up to the surface,  
replacing your pretense. What you copy is not alive or real.*

*Life and reality spring up from your own inner being:*

*Life to life.*

222

*The moon which reflects itself in the water, abides in every  
movement of the water. It never clings to one wave only,  
but to them all as they move.*

223

*The expression of one's true self is what makes one shine.*

224

*He who dwells on a memory is not alive.*

225

*Love is an act between two,  
one-sided love is bound to wither.*

226

*Emotional love has the same effect on man as wine does:  
First we are in a wonderful mood, on the top of the world,  
but afterwards comes the hangover.*

227

*When you see something you know is wrong,  
and do nothing about it,  
then you are a passive partaker of that wrong.*

228

*To be natural is true morality.*

229

*Hate can be beyond false morality, i  
n order that evil can justify its deed.*

230

*He who clings to something or a situation  
is condemned to suffer.*

231

*Get out of trouble by changing your lifestyle;  
Plant a new seed within your mind,  
nourish it then for it must have room for growth.*

232

*Every deed done, not performed from the heart  
has no life within.*

233

*People we love, or have loved are ever alive within us.*

234

*When old age comes, when pride has gone,  
are we not all the same,  
how differ the bones of the rich from the poor?  
Or what color is to be found on skeletons, but white?  
No race, No skin color*

235

*As long as a man develops,  
no certain rule or pattern can frame him.*

236

*Let no one make your decisions,  
but find the answer within yourself.  
Let no influence disturb your calmness.  
Let the little, wise voice from within decide for you.*

237

*To be guided by inner feeling is the way of truth.*

238

*We all are destined to death,  
it is not the length of life which matters, but it's way.*

239

*Trials in life reveal what really is inside you.*

240

*When you are emotional tied up in a situation,  
you will have poor judgement.*

241

*Be as the grass on the field,  
let the sun dry you,  
let the wind bend you, still stand firm.  
Be as the birds in the sky, and be as the fish in the sea.  
Emulate the fear of the jackal,  
the courage of the lion.  
Be as the furious tiger.  
Be them all, be filled with nature and become yourself.*

242

*Modesty is a shield against the eye of the unclean.*

243

*Sin is in the thought, not in the eye, neither in the touch.*

244

*When a way ends, expectation fails, hope vanishes,  
and there will always be another way beside you,  
welcome it,  
because it is your new hope.  
Don't try to cling onto what has already passed.*

245

*To discover the truth about yourself  
and to keep your dignity cannot be combined easily.*

246

*A real friend is one you can talk to  
as when you talk to yourself.*

247

*Real heroes are the dung of the world,  
while fake heroes are the pride of fools.*

248

*Something must die, to give way for other things to live.*

249

*When the heart speaks, a wise man listens.*

250

*There is a lot of wasted time and opportunity  
because of unwillingness of the heart.*

251

*Repentance is for the inner man, not for the outer man only.*

252

*Stay calm, don't lose your temper,  
otherwise you will lose the view,  
which is so important to have,  
in order not to do serious mistakes.*

253

*Think about all the good things that have happened  
to you, those you would not have experienced,  
had you been able to walk on in the way you desired but lost,  
but you were forced into another way, this new in your life.*

254

*A tiny bird came for a while, so very close; it sat on my  
hand. It sang a song of loneliness and trouble, I hear nothing  
new. I gave it a few crumbs, and happy it flew away with a  
new song. A bird should never be in a cage.*

255

*In the midst of the soul, where true faith dwells  
but also doubt has its roots: this masterpiece of creation  
—how could I alone perfect my way?*

256

*Real kindness flows from the heart; the inner man must cooperate with the natural man in harmony.*

257

*In helping someone, you must first understand what they really need, rather than helping by what you want to give.*

258

*A soul which has gone from the world, so precious, that even if all the people in the world would cry and weep, it still would not compensate its value.*

259

*Do not be a slave to others, because they can satisfy your desires. Do not be a slave to your sin. With pleasant words, feeding your needs they imprison your soul.*

260

*The inner will is evil, only the bond of the moral in man keeps him from committing all his evil crimes. Still there is hope of redemption, that the will can be changed.*

261

*All sins in man are as soldiers clinging together  
fighting one man. Still the light of truth will set him free.*

262

*Because of the weaknesses of the flesh mind in others,  
we may have to set aside our freedom,  
and preserve it inside: As dressing modestly,  
speaking soberly, not showing affection of love openly.*

263

*Do not let the desires of your heart  
blind the sight of your eyes.*

264

*Could we but cast away this temple of clay,  
free the inner man from his prison. Wait only,  
his preparation without this wandering temple of clay.*

265

*You, who desire to break walls down for the sake of the  
truth, you may do it just by moving away a little stone.*

266

*A kind word, a little touch may save your  
fellowman from great disaster.*

267

*As rain in the days of heat,  
so is the wisdom of God to the needy soul.*

268

*It is our soul in its full bodily form which can  
reach the presence of God only. The mind will only produce  
diverse imaginations about his nature.*

269

*The way of truth passes beautiful valleys, high mountains,  
rivers, oceans, deserts and oases, also dark caves. The way  
is already prepared. So when we seek to avoid a part of it,  
we'll have no inner rest,  
until we return and accept crossing that part we refused.*

270

*One should fight only,  
when his principles of justice are threatened.*

271

*A great heart may not be found behind a pretty face, neither under a golden dress. In sack and ashes and appearance of sin, you may find the most faithful of men.*

272

*To meet the one, you once loved so much, can be as seeing pictures from foreign places you once visited and loved. Sweet memories, time passed, gone! Like a man never will return to his childhood but in memory. Or as a man swallowed up by death never returns to the world. Therefore live in “the now”, not in the past.*

273

*Go out in the “wilderness”, be alone there with your soul, let your heart come very close unto her, and she will add you inner strength, through her advice.*

274

*Don't force it; let it come by itself in its time, when you'll have a true benefit in joy.*

275

*Seeking to be just and righteous,  
one may lose compassion, warmth and love.*

276

*Desire and need of the outer man, is what causes darkness  
and sorrow because the more badly you want or  
need something, the more it'll be out of reach.*

277

*So short, just for a while are we here. Yesterday I was young  
with the joys of youth. But behold! Today I am old,  
and tomorrow I will leave it all behind going to my grave.*

278

*How could I behave like such a fool?  
I simply followed the desire of my heart.*

279

*Behold the battle is over, the fight is no more of your own:  
Yield and be still, and soon you'll feel  
this working power inside you.*

280

*I am so delighted, when I feel those streams of joy inside my  
soul, knowing that you are there,  
still in a way I cannot understand.*

*The greatest gift I ever received; meeting you my maker.  
Your laws are ever in my heart,  
you soften me in temptations that I later may regret.*

281

*There is a time, and the sun shines all over you, and fills you  
up with its light. There is a time, when this little flame, born  
of the sun will shine inside your darkness. The day comes,  
when this inner light will fill you, and you'll be a little sun.*

282

*You cannot offer someone better advice, than the answer  
which exist within himself. For one ought to dig  
after answers in his own well.*

283

*Learn to carry your burdens in your youth. Things are not  
going to be easier as the grey hair appears.*

284

*There are universal laws made by God,  
the one who follows them not, will be crippled in his spirit.  
There is no room for crippled in the kingdom of heaven.*

*God is merciful,  
but mercy is not to enter His kingdom as crippled,  
but He guides us in a way to submit to His laws  
which make us upright men.*

285

*True, wise words without spirit, without deeds,  
are as nuts with nothing within them,  
when their shell is broken.*

286

*Our soul must be straightened in full bodily form of our  
mind, not being kept captive, not being made crippled by our  
fleshly mind: its desires, fears and moral.*

287

*It is what is inside a person, which makes him shine.  
Therefore a dead body is so frightening.*

288

*Such a strange feeling to behold a land covert with snow  
that you before knew as a sunny, warm land.  
The very nature seems so changed  
so is it with people, when love dies.*

289

*There are emotions - there are feelings, they may seem alike:  
Emotions have to do with impressing others.  
Feelings bring you joy and love to share.*

290

*What would you prefer:  
To stay in the mud but with a gold crown on your head,  
or sitting on a throne with a muddy soul?*

291

*Hope is a sign of faith.  
Faith means to follow, to be according unto what you hear.  
When you don't do,  
you don't really believe,  
and will lose what you already have.*

292

*The small light we now see should be regarded as a lamp shining in darkness, until the daylight will break through, and the entire world will dwell in that light and truth.*

293

*We all are born with a soul, which is pure and right in itself. It is the sin of the mind which defiles the soul, so it dwells in darkness. But the word of truth can redeem the soul and set it free: so it can express itself through the power of the new life in the flesh.*

294

*Empty yourself from thoughts and emotions, and you will know who you are.*

295

*One may walk so much in his desires that he loses the feel of the spirit which works within him. He may only feel something disturbing all his hopes and wishes in life, not understanding this call: "to return".*

296

*Right conditions will never come,  
learn to fight for your cause.*

297

*He who walks according to the advice of darkness will not  
come into the light. He who walks according to the advice of  
light will walk out from the darkness.*

-298

*Words of wisdom speak inside us, by doing them,  
they will as a sword cutting away all evil from us.*

299

*With fearless steps I seek the way, careful while passing  
every stone; a lurking serpent may be behind.*

300

*Love creates softness in the heart, which moves all men.*

301

*Intellect, cleverness and miracles  
A soft heart which loves is priced above all.*

302

*Let me rather have one soft feeling in my heart,  
than 1000 wise parables.*

303

*The cheater will always send a hateful look  
to the one he cannot cheat.  
With falsity he pretends caring for those he is cheating.*

304

*Food for "the gods" fills the stomachs of the priests.*

305

*We may be placed in different bodies, different places, under  
different circumstances for causes only God knows. Placed  
according to different structures of our souls, therefore dif-  
ferent environments, because we are different created,  
but all in such a way which brings us the best  
possible opportunity to reach the true way of life.*

306

*Even when we hide our true feelings,  
they are still so alive, as to remain inside us.*

307

*Through continually testing our reactions,  
we reveal who we indeed are.*

308

*We can never hide our true self from ourselves.  
But we can undergo changes in our inner man,  
by walking in the way which is led by the inner voice.*

309

*Real giving is giving of your time,  
not giving of your possessions only.*

310

*Seek to understand the thought of the almighty;  
do not pour out all your desires for Him only,  
being disappointed when your prayers are not answered.  
Let the thoughts of the almighty dwell richly inside you,  
let His ways transform your mind, and you more likely  
will meet the answer of your prayer, when you are  
in harmony with the great laws of the universe.*

311

*Hate, desire of revenge  
will keep man in the dark where he cannot learn.*

312

*Do not wish extension of the number of days,  
which are prepared me, even before one has seen the sunrise.  
What I wish is the meaning put in each day of my life.*

313

*Thine thoughts are unto me, as the sunbeams are to  
the flowers on the earth. Thy light is unto me, as the clear,  
blue heaven is for the mind: refreshing after a clouded day.*

314

*When the word of truth is sown in the soul,  
is like when a small stone is cast into the water;  
the circled waves will expand more and more,  
until they will reach the shore, filling the sea.*

315

*To worry about what one is diseased of,  
will only nourish the disease.*

316

*One must agree with himself, before he can move.*

317

*The soul is always clear as crystal,  
but kept in bondage by thoughts and desires.  
But the struggle will gradual be solved by the word of truth;  
it will shine on all dark places in man, healing the crippled  
personality, making man one with himself.*

318

*Nothing will ever return to its former state:  
Death will never give us back our dead ones,  
old men will not again be young, our strength is lost,  
to never again return. Our innocence is burned with a seal,  
through dark experiences in life, mutual love has gone,  
handsome men and pretty maidens grow old and feeble,  
walking bended. Sickness and sorrow overcome health  
and joy. Our lost lovers will never return.  
All that which has happened  
shall never be blotted out of our minds.*

319

*We all are ignorant that we only are shadows  
cast by the real life worth living.*

320

*Who dares to listen to his inner voice? We hide from it  
behind all those facades: At times we may hear a silent  
scream, but we stupefy it with vain pleasures that life seem  
to offer us. Therefore we won't find our true purpose in life,  
and therefore inner happiness will be far from us.*

321

*To perform the word is true, and truth is love.  
To love is to be alive, and being alive makes us young.  
Be forever young by remaining in the word.  
Purify your soul by loving, when fear arises within you then  
overcome it by doing the word. It is always there speaking  
inside your heart, it is the inner voice.*

322

*It is not the stone itself, but the circles it makes as it falls in  
the water, which disturbs the silence of the sea.*

323

*The more we reject the cry of our soul,  
the more the inner divisions arise.*

324

*The grass grows day by day,  
withers and new grass grows up in its place.  
Roses become old, wither and fall to the ground,  
but new ones come up in their place.  
The bush is still the same, on which they grew.  
Therefore do not fear the new things coming into your life  
and do not cling to the old;  
be renewed by the spontaneity of life,  
and you shall always feel alive.*

325

*By walking in the word of truth and life,  
we can regain our lost humanity.*

326

*Some men suffer for the sake of truth,  
but mainly people suffer because they resist it.*

327

*It is through inner experience of truth that the heart is  
moved then truth will take its space and be  
quickenened in our life.*

*Without the devotion of the heart,  
it will only be an outward thing.*

328

*Seek the good though evil still lies hidden inside you.  
Reject evil when it arises inside you,  
and let the good come by itself.*

329

*If you wouldn't fear the judgement of the court ...  
if you wouldn't fear loss of reputation ...  
if you wouldn't fear the loss of your own life ...  
how would you then live your life?*

330

*To perform good and right from fear will only  
form an appearance of righteousness,  
while the inner man still may enjoy himself in evil lusts.*

331

*In the darkness of boredom,  
we form a fake light of enjoyment,  
in which the inner man will burn as a torch in his desires.*

332

*The great temptation:  
when you feel all is lost, and that God is far from your soul,  
where one life ends, a new life blossoms up.*

333

*Stubbornness is like snares around ones understanding.*

334

*The inner voice which speaks within us is spiritual; it is just  
and alive and can therefore engraft life into our souls.*

335

*Compassion and love have no need of laws, they are the  
greatest law in themselves they confirm the law in deeds.*

336

*Giving up is one great fail of death.*

337

*We are restless, we seek it everywhere, we travel around,  
we make pretty aims, and we seek among a multitude of  
people, never at rest. Still, it was always there, so very near  
us, only did we not understand to sit in silence  
and let love speak, because it is within us.*

338

*All things are easily misconceived and then  
mistreated without you feel it in your heart.*

339

*You can never free yourself from evil,  
as long as you still love it.  
It will be a fruitless battle between the mind and the soul.*

340

*All men deserve a certain respect,  
as all have a living soul in God's image within.  
Therefore give all men respect, even those not deserving it,  
they could be moved then;  
straighten their way.*

341

*The kind works done without the flow from the heart  
are not really good, even though it appears so.*

342

*As you learn to recognize the symptoms before you fail,  
you could better prepare yourself in future not to fail.*

343

*Somehow we are responsible  
toward all those we meet on our life-journey.*

344

*As the insect is helplessly caught in the spider's web,  
so are we prisoners of the world;  
its pleasures, its evil and its authorities.  
But the eternal soul in us is screaming,  
never giving us peace in our ways,  
before we learn to follow our vocation  
which we are predestined for, from the beginning:  
the eternal habitation for the soul in heavenly places.*

345

*Time is a strange thing:  
it cannot be stopped, it never goes back.  
Unmerciful it wanders forward.  
We must learn to submit to it, to follow its path.*

346

*We all have had great sorrows in our life, but we are still  
able to find things which make our life worth living.*

347

*To display one's body is like to challenge the desire in others,  
and may cause their fall. So modesty is an act of virtue.*

348

*It happens that you meet another person,  
and the hearts beat in the same rhythm.  
Such a person will not be easily forgotten.*

349

*The one, who seeks the truth,  
will never stay long in things which are wrong.*

350

*Wild beasts do not always inhabit the wilderness,  
often they are disguised in pretty garments  
dwelling in luxury buildings made of men.*

351

*A fine man of the civilized city may dwell in lusty thoughts  
that could frighten the furious tiger of the jungle.*

352

*Many may tell you: You are still young, life is before you".  
Do not believe them, because your days pass swifter  
than the gazelle runs over the plain,  
and before you know the days of your youth have long past.  
So, redeem your time, spend your life wisely,  
make account before yourself each day you are living,  
that your days may be full not wasted.*

353

*Opportunity's you missed doing something for others when  
you could, are like seeds never sown.*

354

*Never despise the small things  
which appear of no importance.*

355

*When a person dies, the world sees it as one less alive.  
But for the one who died, the whole world has gone.*

356

*It is not a matter of wrestling against sin, but letting the  
light shine on all the dark places within.*

357

*It is bread for the soul when loving, through kindness for  
others, will your inner man take form.*

358

*Intuition is the language of the soul.  
Joy is the touch of the soul.*

359

*Truth will be performed by being in harmony  
with the laws of the universe.*

360

*Why fear death,  
as we all are subjected unto death from our very birth.  
Rather fear not to fulfill our purpose for being alive.*

361

*It is easy to divide up one's personality into several different  
persons, but watch out that such things will not take control  
of you, rather seek to understand how all in harmony make  
the one person.*

362

*We can lose the ability to judge for ourselves,  
by asking advice from others  
and being scared to make a decision ourselves.*

363

*Love may have its beginning in heaven;  
still our love will not be pure when other causes arise.  
We will justify our demands saying; "It is of heaven!"  
Sure! The seed may be divine but how is the ground  
in which it is sown?*

364

*Just as I've found a place of rest, in which I can build my  
house, then the earth is taken from beneath me, and a horror  
of nothingness appears.*

*I am falling, deeper and deeper and afraid.*

*But as I yield the feeling of this fall,  
an inner confidence with peace arises,  
as if a mighty hand grasps me.*

*In this uncertainty I find only true security...*

*In this fall I find a peace of foundation...*

*Surrounded by this darkness I behold the light...*

*In this den of lostness heaven takes form within my soul.*

365

*Wait for the things you desire until they come into your  
heart. Then from love of the heart you can perform,  
and your deeds become alive.*

366

*As the light from a lamp will empty the room from darkness,  
so will love shatter all evil in the heart of man.*

367

*When the sun shines man will cast his shadow...  
Sin in man is his shadow, seen in the light of love and truth.*

368

*It is God alone who moves the heart of man, and guides Him  
in the way to understand His word sown in his heart.*

369

*Cultivating the beauty of the body,  
seeking to preserve its youthfulness ...  
is like a man who builds a house of straw in strong winds.*

370

*The man who is alive, still does not know the light of his life,  
his heart is like a black hole in the universe; the star which  
holds back its brightness.*

371

*You grab the water, but it flows out between your fingers.  
You grab your life, but time flows swiftly, you find no point,  
no meaning. Only the hands become wet,  
so also you only catch a little part of life's meaning.*

372

*It is not what you do during the day; it is the way you do it.*

373

*The bread you hide will get moldy, while sharing it, it will multiply.*

374

*Those who meet and do not really have something in common will speak vanity.*

375

*Rejoice in the time you live now,  
appreciate it, for it shall never return,  
but in your memory.*

376

*Many are those, who break with intuition and in this way separate themselves from the hope of life.*

377

*Isolating wisdom in your mind is not wise, it must come out to be experienced in your daily life.*

378

*Evil will not be overcome by fleeing from it every time it shows up, as it will pursue you.*

*Evil will be overcome only by facing it, while observing the emptiness in it; it'll be dissolved by itself.*

*Fearing evil will only increase its power over you, while loving the good causes the power of evil to vanish.*

379

*When you allow minor things to disturb your confidence, then you will not be able to deal with and to overcome real troubles. Make room for the spirit of truth to enter and really work in your life.*

380

*Heaven is a state of being, rather than a certain place.*

*By remaining in love, having compassion, warmth, acting from the flow of the heart, we remain in heaven.*

381

*It is wise sometimes to stop to talk with, and being in harmony with, your soul, then walk on as a complete man.*

382

*Let your light be joined with warmth. Let not your light be as the winter sun; though it shines the beams do not warm. Let thy light be as the summer sun, whose beams warm all over. What is the insight of wisdom without love?*

383

*Words spoken from the heart and determination are what make man firm as a rock and makes his character shine.*

384

*A good knife used for years, is not easily substituted with a new, it lay's good in the hand, although the handle may be worn. Also the man, who endures trials and sorrows in life, will be proven in the hand of God.*

385

*The good man is foundation unto many;  
weak and sickly are kept in unity through his strength.  
Many will mourn at his grave,  
for they will all be scattered  
when the good man has gone.*

386

*The heart of man is like a garden in which heavenly seeds of enlightenment are sown. But the mind of man may puzzle over enlightenment sown, as the blossom of a flower will not be seen before the seed is sown.*

*Let all those precious seeds of enlightenments' sown, grow up with-in, that heavenly light may take its form inside your soul. Then you shall know your redeemer being a child of the mightiest of all.*

387

*You may sit and speak with God. There are times also when God speaks. Be happy then, for He knows better than you, what you really need.*

388

*Be aware of the black holes in the way, you may even not feel when you are trapped.*

389

*We talk about God, search for him.  
But the important thing is to have contact with God.*

390

*Some learn, others never learn, while others learn later.*

391

*Loving God is what brings one near Him; in His nearness  
are streams of life flowing into your soul.*

392

*It is the condition of heart which matters,  
rather than what man appears to be.*

393

*It is first when the seed is sown that life comes into the earth,  
future days will show if it'll die in the ground  
or spring up into life.*

394

*All that we say and do are like seeds sown  
for a future harvest.*

395

*It doesn't benefit to sit and to feel sorry because of things  
said or done, rather arise and repent.*

396

*The evil we do towards someone,  
hurts the feelings someone has towards ourselves.*

397

*There are simply things that we cannot see,  
feel or understand. For certain  
there are true feelings arising in the heart of men,  
seeking to direct him in a perfect pattern of life.*

398

*Love is the path which leads to heaven.*

399

*We must learn to follow the stream of life which always  
compels us to go on, despite how much it will  
grieve our heart leaving those things we love.  
If we cling to the circumstance or a person who  
left us long ago, we will not be really alive.*

400

*One cannot escape his shadow;  
therefore one ought to face it.*

401

*There are things that we cannot change in this life:*

*The good laws of God,  
and the evil laws of man.*

402

*Be glad for that which you still have,  
do not weep because of what you lost.*

403

*If we perform good deeds  
while inwardly we still think evil,  
then our goodness only is a show to the world.*

404

*When God speaks His word in the soul,  
is like when the sun arises out of the dark night.*

405

*The way of truth may have many tears;  
still they are precious seeds  
enlightening the heart.*

406

*When we believe, and then do the word spoken within our soul, then will our soul be shaped into a stone, which will be joined to other stones rising up the temple of God.*

407

*The good man will never give up his kindness,  
even if everything is against him,  
he continues in his kindness because he believes in it,  
he loves it. But the simple man falls and hurts himself,  
then he becomes bitter and despises goodness  
he chooses the world, because he didn't believe in it  
so love will wither away in his heart.*

408

*A man may seek the good in himself so desperately,  
that he won't see all those around him who need his help.*

409

*It is so easy to stray from the way,  
because there is no fence on its sides.*

410

*The struggle in the heart reminds us that we  
strayed from the way into remote corners of darkness.*

411

*Many may be so excited when they come to the  
gate of heaven that they forget about entering into the city.*

412

*Love is simply the hearts affection for goodness;  
therefore you believe in it, it is a part of yourself.*

413

*The joys from the past  
can no longer supply the needs for today.*

414

*It happens that the mind of man has hardened so badly, that  
his soul will forever be imprisoned in a shell of darkness.*

415

*So long as we lust after the outer beauty in one another, we  
will not learn about the real person concealed in the body.*

416

*When someone you care for, leaves your life  
then there will be left a black hole in your soul.*

417

*A clouded sky above, so quiet the lake beneath by night,  
still, whenever a single star breaks through  
with its light, the lake will not miss it,  
in stillness it reflects each little star on heaven above.  
Even if all the stars of heaven come through,  
the lake will reflect them all. Still, nothing of its own;  
all light comes from heaven above.*

418

*We are not little Gods, in no way,  
but through grace and much effort of our own  
can we be lucky to reflect Godliness in our lives...  
like the sun reflects itself in the waves of the sea.*

419

*Life the dearest unto man,  
still it can be taken from him in a twinkle of an eye.*

420

*It is there and still, it isn't there, but we do feel its presence,  
and the mirror in our soul reflects it. In precious moments  
we are elevated, ornamented with light and grace,  
for again to be molded in the dust, still with trust in our self,  
knowing that God never plays with the feelings of man.*

421

*One will flow into those streams which correspond to his  
inner life. While those streams he desires, he will never reach  
as long as they don't correspond to his true nature.*

422

*Evil surrounds and wraps man,  
as a blanket wraps his body:  
it seeks to penetrate the heart,  
so it can speak from mans with in,  
to seduce him corrupting the true being.*

*The soul which refuses to listen to the voice of evil,  
that soul which loves God, will not be frightened as long as  
light from heaven reveals the truth in every matter.*

423

*Love cannot be attained by any power:*

*She comes as a seed,*

*carried by the wind and fall down in silence into your heart,  
and she fills you with joy when you feel her affection in you,*

*and she causes you to love.*

*She adds you a crown of beauty, with a glory of sweet odor,  
stony hearts will fear, and you will be loved.*

424

*Fear is like a heavy stone on your neck,*

*a burden on your heart,*

*full of hatred without any gain for all your labor in her,  
and she makes no room for the precious seed.*

425

*Behold all those pretty roses, each with a smell of its own,  
and so they will remain in your mind.*

*Do not pick, do not cut, and do not bring them home,  
for they will not live long in the water you bring them.*

*Each rose belongs in its own place in nature,  
each rose need a root of its own.*

426

*But behold! Here she suddenly comes, her name is love;  
softly as the wind blowing cool over your heated body,  
and the deep cry arises within you. You try to hold her,  
but the wind cannot be caught, neither is she controlled in  
her direction by men:*

*invisible, cannot be taken prisoner by your hands.*

*She is as invisible faith and hope, as invisible love.*

*Though seeing her actions, bending tall trees and rushing  
between the branches, moving the waves on the sea, yeah!  
Her great storms are feared by men... Then softly she cools  
your heated body. As love who comes when she desires;  
but, you cannot hold her.*

*As faith, you feel her moving power,  
and your hope is complete for you know that she really is.*

427

*Red as blood, still with thorns...*

*Pick it and you shall suffer...*

*Leave it, and you will remain empty.*

*The rose of love*

428

*Better to have a tiny hope than to sit with folded hands.  
Always build your house and forget not to rest at the end of  
the day. Escape vanity and slothfulness in all dimensions.*

429

*Do not expect from others,  
rather be glad of the little between you.*

430

*The actor is loved because of his acting but his soul is lonely.*

431

*To reach something, give yourself fully not half-heartedly.*

432

*Be faithful to the deepest within you;  
do nothing for worldly gain.*

433

*Do not cross your conscience or at last you will lose yourself.  
Follow the way of your heart  
then your actions will spring from love.*

434

*Generosity is a sign of inner joy.*

435

*He who walks in the way of light  
will walk out of the darkness.*

436

*Closeness with God is to feel the peace of His spirit.*

437

*When we follow His words we prove our faith.*

438

*At times evil has such a power we find no way out;  
but by a way not known to us we are led,  
and from that place we choose the evil or good.*

439

*By self-righteousness the inner man is not changed,  
neither the love of evil.*

440

*When right is done by force, coldness and pride is engrafted.*

441

*We cannot build a heavenly image by ourselves.*

442

*Feel another's soul with your own soul.*

443

*Heaven will build itself.*

444

*Without devotion, truth is only an outward thing.*

445

*That which comes by itself will be alive;  
that which is forced is artificial.*

446

*Good should have its offspring (increase) from within  
as the green leaves appear on the tree.*

447

*Despite my desires I will walk in the way prepared before  
me.*

448

*I accept my destiny for you are rooted within me beyond all.*

449

*Great depths and dimensions dwell in the soul;  
walk out from its borders; you will fear the space and dark-  
ness beyond. According to the space of the soul,  
so is the measurement of the inner man: unsearchable is the  
depths of the soul as you sink into your inner being in sleep.*

450

*Temptations are to rid us from the evil.*

451

*The bottom of the soul is deeply sad;  
few admit their unhappiness;  
happiness can only be recovered by repentance. Though a  
man is wise in all wisdom God is not fooled.*

452

*My soul is not related to my sin,  
neither is it from my ancestors.  
The true self understands who he is and where he is going to.*

453

*The more we reject the cry of our soul  
the more we will have inner division.*

454

*If we stand on a hill watching our evil deeds,  
we can be filled by despair.*

455

*The experience is nothing,  
only what is created by the experience.*

456

*Though you wish to abstain from wrong,  
wait for the silent voice to direct you,  
then victory will come from a warm heart;  
and though you appear the same to the world  
you know you have changed.*

457

*Before you judge foolishness and evil in others,  
remember you were altogether one like them.*

458

*Man in the desert will drink poisoned water,  
as the shipwrecked, in a small boat in the ocean...*

*In the madness of thirst  
they will drink from the nearest water,  
so surely the one, who thirsts for love...*

459

*There was a time you could do certain things,  
but the time comes to forsake them*

460

*Love me the way I am and I will change.*

461

A.

*My love grew up in nature.  
She watched! She looked around her!  
She loved the beauty where she was born;  
small was her greatness  
still she filled her place with color:  
without her all is dull.*

*B.*

*Happy is the man that she chooses  
that his life may be full of joy.*

*C.*

*She comes suddenly: she makes me blind, deaf, I feel not!  
Only I listen for her voice.*

*D.*

*She comes to lead us away to her origin, her home.*

*E.*

*She comes as a seal carried by the wind to the silence of your  
heart. She comes softly, blowing over your soul;  
a deep longing is born within you:  
you try to hold her, but she is gone.*

*F.*

*She comes, is invisible moving the waves on the sea,  
her storms are great and feared of men.  
She awakens a flower in her season:  
how sad when her leaves fall.  
She comes when she desires, you feel her moving power.*

G.

*Love, where can a man be appointed with you?*





**There is a way in life; those who walk in its paths are blessed with enlightenment showing them the true meaning and purpose of life. It is freely given to those who seek.**

**My purpose with this book, is to share with others some of my own enlightenments through life, and to tell that anyone can have part in such insights, by observation of one's individual events in life, and live accordingly to the inner teaching of our soul.**

**Johnny Cyvert**