



Alfredo Sfeir Younis

I dedicate this little book to all the poor people of the world. We owe you a moral response. It is essential that we change the course of humanity now for the benefit of all.

I dedicate this little book to all the richest people of the world. You owe all of us a moral response, particularly to those who are dispossessed and in need of a mutual and respected space for life.

I dedicate this little book to all the warm hearts and souls who are constantly serving everyone and everything to benefit all forms of life in this sacred planet.

*I dedicate this little book to all who are committed to **"the other road"**; the road of love, compassion, caring, sharing, justice and equality.*



1

Free yourself. Freedom is not to do whatever you want. It is to have the ability to do what you have to do, which is defined by your mission on this lifetime. Free means no filters. It means to be and to become. It means to embrace all manifestations of reality.

2

It is not the norm that will make things right. It is the level of human consciousness that does it. Christ, Mohamed, and Buddha did not need norms, as they were the norm. They were the norm, because of their high levels of existence. When you reach Divine Consciousness you will find no norms.

3

Your light is essential for the chandelier of life on Earth. Everyone needs your light. The Light of your light is unique and essential to all other forms of light. We love your light. We need your light. Without your light we will not arrive at our collective destiny. Please cultivate your shining light!

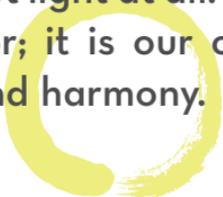
4

Life is a unique expression of light. How is your light doing? Are you in the dark? Let me lend you my light, just to let you find your own light. Once you have your light, and I have my light, let form a big torch. And, with the light of all people let us form the most powerful Light House: The Divine Light!



5

Too much light will blind you. Too little light will derail your inner life. Be aware that you were born from the Light and with the Light. If you do not see it, remember that without the other there is not light at all. The light is our connector; it is our collective synchronicity and harmony. It makes us One.

A yellow brushstroke circle is drawn over the text, partially overlapping the words "collective synchronicity and harmony". The brushstroke is thick and has a textured, hand-painted appearance.

All is life and life is all. If 'all is life' then nothing dies, everyone and everything are eternal. Nothing was ever born. Nothing will ever die. You and I are eternal. They are eternal too. If 'life is all', remember that you are in constant transformation all the time. The only constant in life is change, infinite change.

7

During my silence, I see a fly crossing my room. She makes lots of noise and does beautiful pirouettes. Never stops until it lands on the window to feel the sun rays. It is a unique show of intelligence. I cannot do that and, probably, never will. Are humans more intelligent than flies?

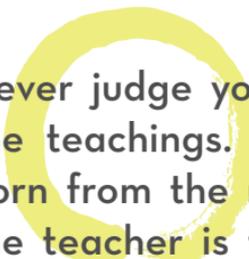
When I see the perfection embodied in a tree, I feel that I am nothing. When I experience nothingness I feel I am more than infinity. When I understand infinity, I act as a true conduit of eternal life. When I live eternal life, I embrace grace and compassion. Start with the meditation of imperfection. Start the process of change...

Trees are bound to bear fruits only during one season. We are unbounded to give fruits all the time. What are the fruits you bore today? Are you still fertile to give more fruits or you positioned yourself close to low hanging fruits born by someone else? If so, be grateful and surrender to that tree.

Yesterday, you were sad and disappointed. These may last a few hours, or days and months. The duration is up to you and to the connection with your Divine. Never stay sad or disappointed for too long. To detach from those states of the soul, practice inner peace, love and compassion. Speak with your neutral mind.



“Lights, Camera, and Action”. The Light must be Divine Light, otherwise you will see nothing. The Camera should have the lenses of the infinite Self, otherwise you will see garbage. The Action ought to respond to the right vision and intent, otherwise your actions will have no harmony, balance or rhythm.



Never judge your teacher; focus on the teachings. The lotus flower is born from the mud. You may think the teacher is the mud. Remember: the mud houses the DNA of the lotus flower. Focus on the flower and not the mud. Know the nature of the mud too, as you may decide to become a LOTUS.

Learn all the lessons of life, even if they are too difficult, or result in suffering and despair. A spiritual life is also affected by suffering and despair. Just learn about the lives and teachings of great masters. Learning the lessons of life brings joy and pain as both have the same origin and destination.

It is not what I think that matters. What really matters is the thought of the one with a higher level of consciousness. Remember, if the other does not matter to you, you do not matter to yourself. To catch a fish, the fisherman is only the conduit; the ocean is the only form of eternal life that matters.

Offering others only your mind, may lead to a lost path for humanity. Offering others only your soul, may lead to a false sense of inner happiness. Offering others only your body, may lead to a decomposition of yourself. Offer all of them as One and you may contribute to the collective divine.

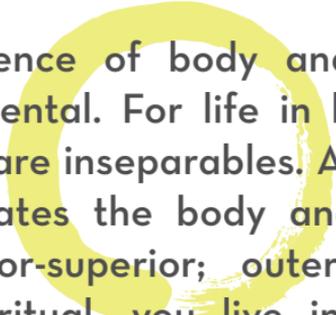
The time left may seem long or short. You may feel time as running faster or slower than in the past. What truly matters is how we experience time: horizontal time is to agree with an outer convention (the clock) and vertical time is a unique inner experience (life intensity). You choose!

Can you live in a complete state of no judgment? Can you live “what it is”? Can you surrender to reality and your divine self? Can you stop excluding someone or something and include ALL? Can you love without morals and just love?

The worst enemies of the soul, mind, and body are embedded in the notions of “right and wrong” and of “winners and losers”. The right and wrong make the mind most perverse, and the winners and losers make the soul a pantomime. All combined are the main source of body toxicity.

Life is a fantasy for some people and a struggle for many people. Life on Earth is a unique opportunity to become 'human' and 'beings'. Human brings the body-nature and being houses the soul-nature. Body and soul shall not live apart. The mind unites them. In union, no fantasy and no struggle.





The experience of body and soul are fundamental. For life in human form these are inseparables. As your logic separates the body and soul -e.g., inferior-superior; outer-inner; material-spiritual- you live in total duality and fully attached to notions of right and wrong. In union there is neither right nor wrong.

Neither my body nor my soul carry right or wrong. The body and soul do not speak the language of the mind. These judgments are born only within our minds. Meditate on the quality of your mind and the purity of your intent, and you will realize how to live outside the errors of your intellect.

Separating body and soul is an error of the intellect. For some of the faiths this error is cultivated so the mind does not contribute to Total Union. The workings of body and soul become dominated by a limited mind. The mind is only the bridge, not the architecture of our body and soul.

The death of our body is another error of the intellect. The body never was born and, thus, it will never die. Identity with the material nature of the body alone, will force you to face death as we know it now. Expand your mind so that the infinite nature of your body unfolds in its entirety.

People use their logic too much, confusing logic with reality. Reality is 'what it is, while your logic defines 'what you want it to be'. Your logic is useful sometimes, but it is a thick filter the rest of the time. Eliminate all sorts of filters and you will finally know who you really are to fulfill your mission.

It is difficult to assess whether a situation is 'right' or 'wrong' because, of the logics of those witnessing the same situation, are different. An inability to truly experience reality. Then, do not judge so quickly. Reality is neither right nor wrong. Reality simply 'is'. The rest is values, belief, dogma; filters!!

Human history will always be written by humans of a next generation. What will they say about us? Lots of cars, airplanes, shopping centers, and material goods. But we know we are more than just things. Life is beyond having, doing or knowing. Life is being and becoming.

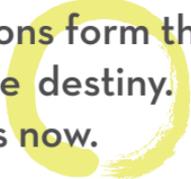
We all appeal to love, though what we see is not really love, but something else, manifesting in poverty, misery, suffering, loss of hope, indifference, egocentricity, inequities... Create a large spiritual space for love to enter and be shared. This is the only commandment.

If we had no choices to make, life would be miserable. But, choices drive us crazy: fear, insecurity, panic, failure... Thus, learn how to choose what is right: the right vision, right thought, right language, right action, right behavior, right effort, right mindfulness and right meditation.

In the end, life is the multiple expressions of the human spiritual and material natures, wrapped in divine love and infinite interconnectedness. Unfold your talents to live in full awareness. Just understand why you are here today. Immerse yourself in your mission.



The seed of the future has germinated in the womb of the past and present. The future is not an isolated state of human reality, but the result of many historical causes and conditions. Today's actions form the architecture of our future destiny. Engage in the right actions now.



Are you committed to a better world? Then, be prepared (a) to sacrifice your entire life to expand and nurture our collective consciousness; (b) to embrace all living beings and be co-equal in every aspect of life and (c) to fully detach from everything and everyone and develop your neutral mind.

When a new baby is born, remind yourself of his/her rights and your responsibilities. This is part of our contract with life in all its forms. Our responsibility is to leave the world with the quality of nature and tenor of life at least as good as we received it. Do not hesitate: go for the right intent.

There is nothing we cannot do, and a lot we should not do. He told me: “the difference between you and I is that you do what you like to do, I do what I have to do”. This is a lesson for this life time and all future life times. What you like may have no virtue but just toxicity.



There is a lot you would like to do, but there are fundamental actions we have to do. It is not about being able to or sharpening our taste and desires. It is about doing the right things and be fully responsible of our Dharma (our obligations in life) and contributing to others.

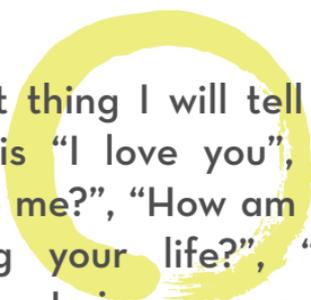
Contemplation:
an essential instrument of spiritual transformation. A state where the neutral mind excels and you become a cosmic antenna to receive divine messages about our material lives. Contemplate 5 minutes a day and you will shift into cosmic space in 120 days.

I believe in humanity. I have experienced the beauty of every human being. Like the immunity system, we should spark every plug of our inner light and goodness as the avenue to eliminate violence. Reach out to the other, and the other will embrace you.



I am convinced that we could live in a world without crime and violence. This is not a utopia. This is possible if you engage in a new revolution, in a new process of change: collective change, collective creation of wealth, and shared collective welfare for all.

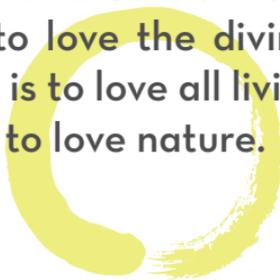




The first thing I will tell the violent person is “I love you”, “why don’t you love me?”, “How am I negatively affecting your life?”, “May I do something to improve your life?”, “Do you live in a violent environment?”, and “How can I help you to change it to a peaceful environment?”

Humanity is aware of today's challenges: poverty, crime, violence, war, conflict, environmental destruction, illnesses, discrimination, inequality, indifference, and unethical behavior. Why don't we eradicate them? Who benefits from their presence? Just think about it!

Loneliness kills, aloneness nurtures the soul. Loneliness is the most resilient disease of this millennium as millions suffer from depression and emotional breakdowns. The first step out is to love the divine in you. The second is to love all living beings. The third is to love nature.



What is inside the mind of the person who commits acts of violence? How does he/she justify destroying my car and then run away so that no one knows he/she did it? Is violence the result of a collective seed we are to take care off? Do you have a profile of the violent mind?

Is a punishment and reward system effective in eliminating violence? Shall we to largely increase the number of police to eliminate violence? Or, shall we buy alarm systems, cameras to monitor external activity in our houses, reinforce our doors and windows, and carry guns?

The higher level of violence we experience today is directly correlated with the lack of an appropriate justice system in our societies. If there were justice and the norms, rules and regulations were applied to everyone, then violence will diminish radically. Justice is not working.

Shall we combat violence with violence? Or, shall we use non violent means to attain peace and security? Experience shows that violence leads to more violence. One cannot attain any level of sustainable peace as a result of violence of any sort. Going to war will not bring peace home.



How can we address both outer and inner violence? Is TV, Internet, and other means of communication creating and teaching us to perform acts of violence? Is the education system effective in facing violence? Is our inequitable economic system the major cause of violence?

Living in peace is a major aim in everyone's life. However, being peace is the real challenge. If you ever become peace, please embrace me tight and secure, fine tune me with the vibration of collective peace, and never let me go until peace is all over me and it commands my entire life.

Nothing is dispensable and nothing is indispensable. The true meaning of dispensability is like the serpent changing its skin: no force and no suffering. The true meaning of indispensability is like knowing we belong to our infinite human collective consciousness.

We have contaminated all the elements of life, except for fire. The moment we pollute fire, humanity ceases to exist in the form it exists now. Fire is not polluted by matter, but it is polluted by non-matter: wrong vision, intent, thoughts, energies... Clean your inner fire.



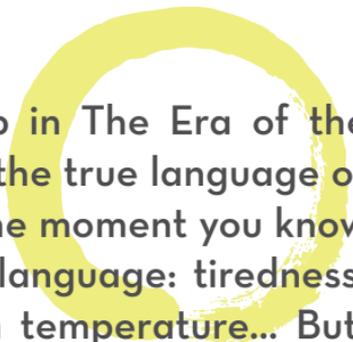
You may have all the beliefs you so desire, but if you do not self-realize them you will be at the mercy of fundamentalism. The process of self-realization must also be collective in nature so that you include every living being.

A unique form of human relationship is that with you. Its quality depends on uniting your body, mind and soul. We now enter “The Era of The Body”. Thus, you must Master Tantric Existence: the matter and non-matter in you are One and the same.

The Era of The Body is not just about the physical body. Mastering Tantric Existence is not just about this physical body. You need to enter into the meditative state where you begin to experience your 36 bodies.



The first step in the Era of The Body is to get rid of the negative education and culture associated to the body. The body is sacred, divine, and infinite. The body is the only real vehicle you possess while on this Earth. The mind and the soul are its companions.



The second step in The Era of the Body is to learn the true language of your body. For the moment you know little about this language: tiredness, pain, changes in temperature... But, there is immensely more than that. All aspects of life are imprinted in your body.

The third step in the Era of the Body is to reach the most powerful and meaningful forms of interaction with your body and the body of others. The key to enlightenment is right now in your body and you must find it and use it to enter into the true LIGHT: The Body of Light.



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