

*The*  
*Universal*  
*Truths*

*Eternia*

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## **Introduction**

*The Universal Truths* is a book of messages aimed at bringing about self-realization and awareness about one's own divinity as a child of God. These channeled messages received by the Author through automatic-writing from the Great Beings of Light and the Author's own divine Spirit-Guides, help to resurrect the feeling of unconditional love and compassion towards all life, preparing man for his Ascension into the Light.

In order to gain maximum benefit from this book, it is recommended that the reader goes through each message slowly, meditates upon it, drawing out the essence of truth and imbibing it into his consciousness. The conscious mind is so filled with all the old destructive beliefs and wrong conditionings that to restructure your mind with positive and healthful beliefs, one needs to read the messages repeatedly. This aids in erasing the wrong conditionings while imprinting upon the mind the new and positive concepts and truths.

These are the lessons of life, which you have to learn by dint of hard work, vigilance and

perseverance. There are no short cuts to achieving true bliss and happiness in the midst of madness. To all you believers who seek the Truth, *The Universal Truths* is a guide that will lead you to the Light and set you free from the lurking shadows of the distorted truths that overwhelm man's existence with fear and doubt, causing him to recoil from progressing onward and upward into the Light. The messages encourage the aspirant to wean himself away gently from the compelling forces of materialism and to find himself a footing in that which is eternal and freeing.

The *glossary* is provided at the end of the book to help elucidate the reader of certain spiritual terminologies with which he may be unfamiliar.

*The Author*

# Messages

Spirituality, whichever way you look at it, means purification. It is the purification of the mind, body, heart and soul. This is the only definition of spirituality. When your being vibrates at a higher frequency and pulsates with pure light, you are said to be spiritual. The degree of the intensity of your light determines your level of spirituality. This depends on your thoughts, words, deeds, desires, emotions and feelings, all of which make up your inner consciousness.

Prayers, meditation, and all other rituals that people perform help to generate the positive energies, but a person cannot become spiritual merely by praying or meditating while he gravitates in the lower consciousness of dark feelings and emotions. The divine energies that you invoke through your prayers and other devotional means, must be maintained and multiplied by practicing unconditional love in your life towards all beings and situations. Unconditional love is the divine Principle of spirituality. It is

the one Principle that will raise you to the Buddhic consciousness.

The hardest part of your life's curriculum is to practice unconditional love. People are not yet willing to let go of their egoselves. The concept of oneness with all beings, creatures and Nature is yet to be realized by humanity. While prayers, meditation, rites and rituals can be easily taught and practiced, unconditional love, on the other hand cannot be taught to anyone; it has to be self-realized. Moreover, to come to this self-realization, one needs to go through several hundreds of lifetimes of hardships and sorrows on Earth. The energy of unconditional love forms the basis of all creation in the Cosmos, and man cannot expect to rise unless he has learnt to live in oneness with all. The purpose of man's endless cycles of birth and death on Earth is to overthrow his lower ego and to master the lesson of unconditional love, for only then can he gain complete perfection of the body, mind and soul, and thus set himself free from the bondage of birth and death.

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How often have you wondered why some people get what they want whether they deserve it or not, irrespective of how they lead their lives? Very often, you feel that life is unfair to you because, in spite of all your honest efforts and hard work, you get nothing even though your need to have something may be greater than those who seem to have no trouble getting what they want. This will make you wonder why such injustices prevail on Earth. The universe is just and fair; every man gets what he asks for. Each individual is the author of his life. The circumstances of the outer world are the manifestation of his inner consciousness. Karmas, mental attitude, fears and self-confidence, are all the deciding factors in the making of man's destiny.

Man is subject to the Laws of Karma. All his good and bad deeds are taken into account, and his blueprint is charted out based upon his actions. He is responsible for every action in his past. Reincarnation on Earth helps him to take the experiences

necessary for the development of his soul. Kindness and charity shown in one lifetime towards the poor and the downtrodden have their own dividends in subsequent lifetimes. All the hard work and deeds based on selflessness, love and compassion are the capital investments of the soul, which pay off rich dividends. All good things come naturally to him in abundance. His life is blessed with good, kind people and wonderful life-situations.

Those whom he helped may wish to return to Earth and play a part as benefactors in his life so that they can take the opportunity to repay his kindness; these come as friends, loved ones and influential people in his life. All rewards and punishments are meted out fairly and squarely in proportion to what is invested in the Cosmic bank. Every being is subject to the Divine Laws of Karma, and the planet Earth is the ideal platform for all settlements and resolutions.

Mental attitude is the next important factor that determines your fate. People

are so fearful of unleashing their own inner powers to get what they want; they are steeped into hopelessness and pessimism about everything in life. Some people are driven by a sense of guilt to claim their right to abundance while poverty and misery is rampant all around them. Negative emotions of guilt and fear neutralize the positive energy of abundance that is ever pouring down on them with so much love and joy from the Source, and thus they are responsible for sabotaging their own happiness that they rightfully deserve. The more they concentrate on the negative aspects of life, the more they invite these unwittingly into their lives. It is all each one's doing and not the handiwork of God, Whom they so easily blame whenever misfortune strikes them.

People who live with fear, doubts and disbeliefs consistently, have unquestionably programmed their subconscious minds to stop all free supply coming to them from above. They have programmed themselves that they are not worthy of God's Love or His Abundance.

They have allowed their fears to stand as a huge stumbling block between them and the divine energies flowing down to them, separating them from the Supreme Being. This is why the energy of wealth and abundance slips right through their very fingers even as it falls into their hands. They are hesitant to claim all that comes to them in the form of prosperity and happiness. They are afraid to acknowledge the fact that they are the rightful heirs to God's Treasures. They are helplessly anxious about paucity and suffering. Their fears and uncertainties manifest all that they dread in life.

Therefore, while the divine Blessings are pouring down equally on all, it is the mental attitude of each individual that accepts or rejects the energies of abundance. All situations that you face in life are the reflections of your inner world. Nothing that happens to you in life has its source in the outside world; there is no such thing as a "co-incidence" either. Everything that you experience in life, in your outside world, comes from within. Thus, you must stop blaming

people and the world for your problems. Stop looking outside for solutions. The problems have stemmed from your inner world and so it is evident that the solutions are also locked within your inner resources. In order to change the way things are going on in your life, you need to change your perspective in life and develop a positive mind-set. Once your inner world is filled with the light of peace and joy, your outer world will be transformed likewise and you will experience much wonderment in your life.

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Whenever you face uncertainties in life, call forth your Higher Self to help you make the right decisions and to plough you through your problems. Learn to depend more on your inner divine self rather than on some external help. This will help you to go along in life with more power and confidence. You will be able to see through all your problems and tacky situations, so that you are able to deal with them with efficiency and poise.

You will intuitively start to make the right choices in life that can lead you to success. All your life's battles are half won when you live with faith anchored in your Higher Self. You will begin to feel indomitable in the face of crises and difficulties. You will look upon all situations as tests, as tasks and homework – not as troubles and problems. They will no longer have the power to pull you out of balance with worries and anxieties. Nonetheless, solutions will present themselves to you when you are in the quietude of your mind, so that you can ease your difficulties out of your life gently but firmly. As long as you stand unyieldingly in the Light of God, you will always see the bright side in every complexity, and this will enable you to quickly overcome your troubles with peace and love.

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Be like a rose and spread your fragrance wherever you go. A rose has no prejudices about the people or the