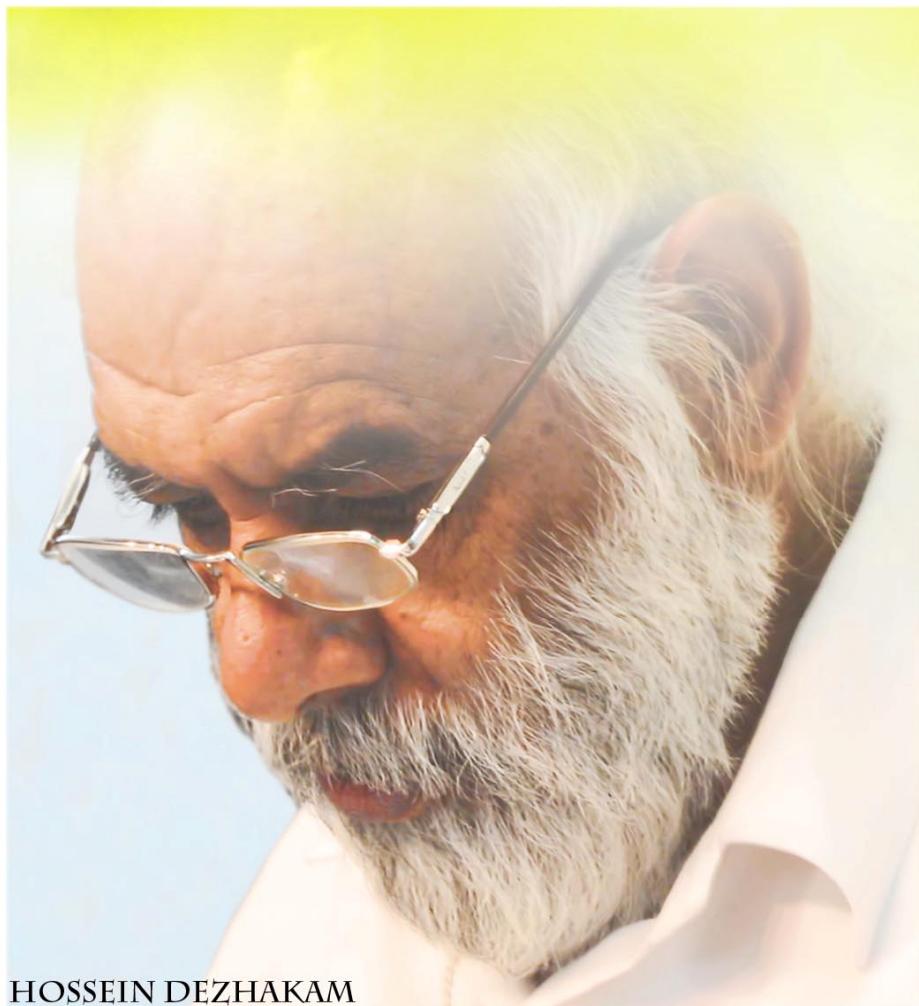


# LOVE

## FOURTEEN VALLEYS FOR RECOVERY



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# Preface

Addiction is an enduring worldwide phenomenon that transcends the boundaries of nation, culture, religion, politics, economics, race, gender and age. In the history of worldwide responses to the problem of addiction, one lesson is clear. When the wounds inflicted by addiction to alcohol and other drugs reach critical mass, new social movements rise from the ashes of that devastation to offer hope for recovery. These movements are often led by people who have achieved personal recovery from addiction. From the international dispersion of Alcoholics Anonymous and Narcotics Anonymous to indigenous recovery support societies such as the Swedish Links, Vie Libre in France, the Polish Abstainers Club, the Danshukai in Japan and the Pui Hong Self-Help Association in China, these movements have provided hope and mutual support for full and enduring recovery from addiction.

Today that recovery tradition is alive and growing in Iran. Since its inception in 1998 under the leadership of Mr. Hossein Dezhakam, Congress60 has been at the center of thriving recovery communities in Tehran and other Iranian cities. Throughout Iran, former addicts and their families are discovering that they can achieve together what they were unable to achieve alone. People who were once a part of the drug problem are now becoming a key part of the solution to that problem.

In his latest publication, Mr. Dezhakam outlines the philosophy that guided his own recovery from addiction and guided the recoveries of hundreds of others who have sought the support of Congress<sup>60</sup>. In these pages, the reader will discover that recovery from addiction is a struggle to regain physical, emotional, relational and spiritual balance. The fourteen valleys discussed in this book provide a framework for rebuilding one's life and achieving such balance.

*Love: 14 Valleys for Recovery* is a testament to the proposition that recovery from addiction is far more than the removal of drugs from an otherwise unchanged life. It is instead a fundamental redefinition of one's identity, relationships and way of living. This book offers a map for achieving such a personal transformation that will be of interest to persons seeking recovery and to addiction treatment professionals throughout the world.

There are many pathways to long-term recovery from addiction, and all are cause for celebration. This book offers a pathway that promises blessings to individuals, families and communities wounded by drug addiction. The journey from addiction to recovery is not an easy one, but the paths are marked by those who have gone before.

This book will find two particularly appreciative audiences. For those seeking escape from the pain of addiction and the opportunity for recovery, these pages offer a needed balm and hope for wholeness. For seekers of truth wishing a deeper understanding of life and its purposes, these pages

offer profound lessons drawn from the experiences of those who once courted death. Let the journeys toward health, wholeness and illumination begin.

- William L. White -

## **How the valleys came to be written**

I was born in 1949 in a military family in Iran. My father was a professional musician and I started to learn the trumpet at the age of 13. This was at the time when the Beatles had transformed the image of the rock'n'roll in Britain.

At 16 I played in local jazz groups of my hometown and that's when I was introduced to Hashish which I used occasionally.

When I was 19 I moved from Kerman, my birthplace to Tehran, the capital city to attend the University of Science and technology in the field of electro technique.

Throughout my university years I worked and in total I worked as an engineer for 28 years.

My education and work in the field of engineering had transformed me into a logical person having a scientific outlook on everything in life; especially because for almost 20 years I was in charge of repairing all kinds of telecommunication and industrial systems and sometimes I had to find the faulty wires from thousands of wires on the map. If I didn't find the problem the system wouldn't work.

The last 8 years of my career was spent on research and design of neuron electronic and after many years of management, I established a factory.

It was under these conditions that destiny got me involved in two games; I was a materialistic person who didn't believe in

faith and God at all and only believed in the things that I could see or touch or things that could be measured or proven by formulas and scientific tools. So with that kind of a personality I entered these two new phases of my life.

First; heavy addiction to alcohol and opium and second; research in the field of metaphysics or the unknown.

I read all the books that I could get my hands; all the holy books of different religion like the bible, Quran and Hinduism, Buddhism and attended all kinds of sessions and meetings including exorcism or evoking a spirit, yoga, prayer session, hypnotism, going to the synagogue, church and temples and so on.

The results of all these adventures for me were more hard core addiction; if I didn't drink a whole bottle of vodka at nights I couldn't go to sleep and during the days I had to eat 5 grams of opium to be able to walk.

My trips of discovery had turned me into a messed up person who had constant nightmares and fought with all kinds of horrific creatures till morning and woke up screaming in the middle of nights.

As time went by as a result of addiction and mental and physical imbalance, I lost everything that I had worked for all my life including my business, factory and a few cars that I had owned. I was even arrested several times and sent to prison for a while.

It was even so bad that I couldn't support the daily expenses of my wife and three children. Everyone refused to help since I was an addict and creditors were always after me. So I went into hiding in a small city; it was a very difficult time in my life.

Since I had lost hope in all people I sought help from God. I went to sacred places and prayed tirelessly but to no avail. Neither my addiction was cured nor did the creditors go away.

I cried and cried to the Lord asking for his help with no result and gradually my addiction to alcohol became worse.

I lost hope in God as well until one day that I was in a cemetery in another city; I was sitting down, looking at the sky and singing this poem for him:

“I'm drunk and you're crazy, who is going to take us home?

I told you a hundred times not to drink so much”

I told myself: Hossein, you've spent 14 years of your life searching for the unknown and you haven't gained anything. Look at yourself and your current position; you wanted to ascent but you've crashed. Leave these childish games aside.

I went to a sanctuary near the cemetery and saw a decent man there. He was about 60 years old, tall and calm.

I asked him: I'm looking for a spiritual master

He said: don't search because you won't find.

Since I was very tired of the stupid games that I had played, I accepted his advice and the search for the unknown stopped.

My addiction began as a hobby and then transformed into full scale chronic use. For 17 years I was a professional addict; for the first 5 years I didn't believe that I had any problem but when I tried to stop using and experienced the difficulties, I realized how dependent I had become on drugs.

At that time my war on drugs began and I tried my very best to leave the dark world of drug addiction. I tried all the available methods to quit the habit but was unsuccessful. Each time that I tried to quit I became weaker and more miserable.

In those days I only wanted to stop using drugs whereas my mental and spiritual state had also been affected. I thought my only problems were narcotics or alcohol and I should only refrain from them; I didn't pay any attention to the key issues surrounding addiction such as the cellular structures, manners of thinking and living and my worldview in general.

That's why my battle with addiction lasted 12 years and in this long, destructive battle I realized that I knew nothing about the enemy.

Addiction had invaded every cell of my body, every particle of my spirit and psyche and my mentality. Who am I fighting

with? Am I fighting with myself? How could I fight with myself?

If I win this war with myself I'll probably destroy myself and if I run away from this battle, then all my life I'll have to run from myself. If I want to fight my ignorance and lack of awareness, they wouldn't perish by fighting. What should be done?

Make peace. Make peace with whom? With me, because this wasteful, destructive battle took its toll on me as each day went by until complete annihilation loomed on the horizon.

So I made peace on the condition that I use drugs till the day that I die and never attempt to quit drugs again. I breathed a sigh of relief; as if a heavy weigh had been lifted off my shoulders. I had surrendered unconditionally to addiction.

Before making peace with myself I thought that everyone should help me with my problems up to a point that I believed that my friends and relatives should repay my debts to the creditors. However, upon the ceasefire with myself I concluded that I must rely only on myself and not on anybody else, even God.

After a few days I told myself: you use alcohol and opium at the same time; isn't it better to choose only one of them and do it for the rest of your life?

I accepted this bargain with myself and stopped drinking in a matter of a few days. It was interesting to note that after

quitting alcohol, my opium consumption didn't worsen and in fact I became more alert and balanced.

After one week I left my hiding place and went back home in a real bad state. When my wife and three children saw me like that in the middle of the night, tears of joy and sadness rolled down their cheeks.

After a few days rest I decided to go to work but I remembered that my office had been closed by court order. Since I needed to start from somewhere, every morning I entered the office by the window and in the evening I did the same. After sometime and having access to certain file and making some calls I sorted out some of the problems.

An inner voice was telling me to at least organize my daily drug use, the amount and the timing of each dosage.

At first it seemed impossible but I gave it a try anyway. I picked up a pen and a paper and after a few days I sorted out the amount of my daily consumption and the time of each dosage. The complete story has been published in my book called "Crossing the Zone 60 degrees below zero".

Thus with this journey of recovery and after 11 months I quit my addiction and in a feeling of serenity, I became free of drugs for good.

Many unknown issues became clear for me; when I was active in the field of metaphysics I had gotten to know three masters by the names of Sardar (general), white eagle and

Raad (thunder) who have different nationalities. However, I had no news from them for a long time; when I attempted to cure my addiction; suddenly they descended from the sky upon me and encouraged me on the path that I had taken.

They told me: you must know that if God, religion, science, the journey to the unknown and the metaphysics could not help the humanity to lead a better life and cause backwardness and ignorance, then they are nothing but a bunch of meaningless words.

They said: first know the ignorance in order to realize the knowledge.

You denied the existence of the Supreme Power based on your false and biased perception; then accepted his existence based on your own illusion and then again denied him due to your chaotic mental state.

You must know that creation is based on precise and detailed planning and everything is where it should be; you don't even have enough knowledge about a cell in your body let alone yourself. You weren't even able to rule and control your own body and mind, then how could you make conclusions about the universe, creation and its creator.

We do accept that some people for the sake of worldly powers have made God exclusive only to themselves and know themselves as his rightful representatives; they have tarnished the image of humanity and have committed atrocities in his name. In fact they have gone to such extents

that when God's name is said, some people do not even want to hear it.

I said: so, do you want to introduce me to God?

They said: no, never. We've got nothing to do with religion, nationality, race and sex. We wish, that is if you want; to introduce yourself gradually to yourself so that you realize the inner forces and strengths within you; to teach you the path of right and positive thinking and lead you out of the darkness.

I said: why me? What kind of a value do I have for you? We're not even related! Why are you willing to spend your time on me?

They said: teaching you has much benefit for us but we can't tell you about it just yet since you won't understand. Also these teachings are not meant only for you; you must write your learning and experiences and teach them to others.

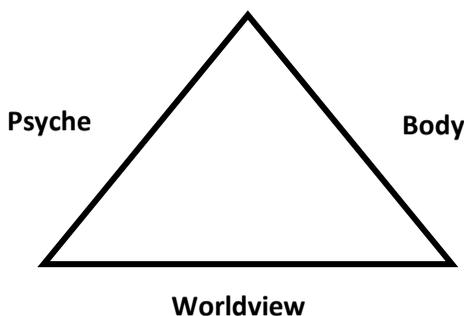
I said: I think you've mistaken; I'm so dark that if you cleanse me with the water of all the rivers in the world, I won't become white. I'm an addict, a drug addict. Do you know what that means? Now you're saying that I'll become a guide?

They smiled and said: we know you better than yourself. We know your past history; what is in the commandment will be carried out.

Even though all this was unbelievable to me I still accepted. Thus my trainings began and after a year I could leave the world of addiction and publish my first book.

The collection of my writings and teachings might be over thousands of pages and I'm gradually publishing them. However, I'm still learning myself because there are no limits for education. As a great one once said "from the time you're in the crib till they put you in the grave, you must constantly learn".

During my treatment I realized that to successfully treat drug addiction, besides the physical body and psyche; we must pay attention to a third component called worldview which comprises of our perception, outlook and view towards life in general.



Of course, I believe that training in worldview for individuals who have not dealt with the issue of addiction can play a significant role in how they deal with life and its obstacles or successes.

I've designed 14 valleys for individuals to follow and carry out in their lives in order to leave negative thinking aside and implement a positive approach in life.

These valleys are in particular for the addicts and in general, for individuals who seek a better life.

The valleys have been written in a way that when read, they produce a sense of familiarity; as if the individual has known some parts of it from before. For example the first valley "the path will appear with progress" is agreeable to everyone.

When writing the valleys, I've tried to stay clear of limitations such as stereotypes, religion, race, nationality and cultism or any other kind of biases; I only share the truth that my masters have embarked on me.

I wrote the first six valleys in one year and the other eight valleys took 13 years to be written; I needed time to understand the key points in the respective fields.

It must be mentioned that my writings in the areas of the physical body, psyche and worldview; might have similarities or common grounds with the findings in medical science, psychology, sociology, philosophy and religion. However, I did not arrive at my conclusions through studying those

sciences but upon enlightenment I realized them and then I began elaboration and explanation.

For example, someone who has never seen an apple sets out to study and research it in order to better understand its nature and characteristics; he reads books to discover its taste, scent and color and arrive at the intended conclusions.

However, there is another way also; you have seen all kinds of apples, tasted them and understood its good and bad effects. Now you can write things on the description of an apple.

This is my way of access to the resources of knowledge because if the writer is not ahead of the subject, he cannot verify its truth.

In my journey into addiction and the unknowns I realized that I'm unable to amend my negative habits and attributes such as addiction, depression, anger, deception, hatred and ignorance by taking pills within a short period. This is because all my positive and negative attributes are the reflection of my thinking, beliefs, awareness or lack of and mentality which I've consolidated during many years.

I realized that positive change comes through a fundamental and gradual implementation of a set of decent principals which in turn would cause the transformation of my negative points and get me closer to the truth. Then I can enter a universe full of love and become a person who loves everything and everyone and others, him.

After arriving at my desired destination, I examined my safe passage and designated certain locations and named them valleys. I tried to illustrate the path in a practical manner using a simple language and make it accessible to all by eliminating any distractions, superstition and anxieties.

In this way everyone can obey their universal wisdom to attain awareness and start their journey out of the darkness.

The collection of the valleys never dictates or enforces any compulsions and always respects the will of the individuals; it does not ask them things which they cannot do.

The method of studying the valleys is simple; they must be implemented practically in life, studied in order respectively many times and the duration between each of them should not be less than 21 days. In this manner gradually all the ambiguities, superstitions and false beliefs will leave our mind and instead a correct and stable way of thinking comes into place.

In other words, the content of the valleys is not only for reading or knowing; it is to understand and apply in everyday life. If we know something and don't act upon it, it would lose its meaning and value.

The aim of the valleys is to bear the fruit of peace, happiness and serenity for the human beings; the valleys believe that happiness or misery of the people depend on their perception and understanding of the universe surrounding

them. All the troubles of humanity arise from lack of knowledge and awareness.

The valleys believe that some people have lost themselves within themselves and instead, they are searching for themselves in the outside world and with this kind of mentality they will never find what they're looking for.

If the connection of an individual with himself and his surroundings is based on truth, then there is hope for happiness and peace with creation.

Therefore the first valley starts with contemplation; maybe thinking seems like an easy or difficult thing to do but it is available to all without a cost and it is the key factor for the start of the journey from darkness towards light.

This valley states that everything in creation was started by an idea and that creation teaches us that one hour of positive thinking is more valuable than a thousand hours of worship.

In the second, third and fourth valley the focus of thinking is clarified and prevents us from any sorts of deviation.

When the individual has passed the four cities or the four valleys he comes upon the fifth valley which has the message of action or practical implementation; it says that enough thinking has been done in the four valleys, it's now time to act on those ideas and strategies. Real ideas turn into action otherwise they're just mere fantasies.

In the sixth valley, reason and the commandment of intellect are discussed; reason as a competent commander is introduced and must obey his commands completely. In this valley we become familiar with some parts of our hidden attributes.

In the seventh valley a significant theme is discussed and that is, finding the right path and it reminds us of our numerous defeats despite our immense efforts and the reason is moving in the wrong direction. In the eighth valley, after determining the right path, we are given our marching orders and it tells us that the path will appear once the move is made.

Once on the way, we come across crucial points in the next valleys that help us in achieving our aim like the tolerance point in the ninth valley, changing the past attributes in the tenth valley, becoming a roaring river and gushing spring in the eleventh valley and in the end the first command is carried out in the twelfth valley.

In the thirteenth valley, we're told that the end of each point is the beginning of another line; in other words, at the end of our journey and darkness, another journey begins in light and that we must prepare ourselves for the valley of love which is the fourteenth valley.

In the end, since the writing of the fourteenth valley or love was completed on March 5<sup>th</sup> 2010, on the suggestion of my masters we have declared this day as the day of love and

loving of all humanity and creatures. This day will be celebrated by all members of congress<sup>60</sup> every year.

## **How the valleys were translated into English**

I don't know if you believe in destiny but I do; because optimum conditions must be available for certain work in order to produce the best results alongside the key elements that have the capabilities. You might call this chance, but still it makes no difference as chance also has its own rules and regulations; Now the whole story.

One day I received a surprise invitation from an organization called Meridian to attend a conference in U.S., due to long holidays I couldn't get visa to attend the conference. However, they invited me to another conference in London and I left Tehran for England.

In the conference there were many speakers from different countries and since I couldn't understand English very well I didn't get a whole lot from their presentations. Thus, instead of paying attention to their words, I observed their appearances like the color of their clothes, tone of their voice, the reception for the guests and the commotion in the hallway.

One day it was announced that a speaker from the United States was going to give his presentation. After a few moments, a man who was quiet tall with a calm, determined

expression took the podium and began to speak. Suddenly the whole conference became so silent that even the noise of someone's footsteps could be heard in the Hall. He got my attention and his tone of voice stirred some emotions in me. I didn't understand any of his words but they had a good feeling in them. His voice sounded like a song to me and I listened with my whole being to his words even though I didn't understand his speech. I knew that whatever he was saying was true as everyone in the conference hall was listening with full attention to his speech and from the expression on their faces one could conclude that the speaker was presenting the truth.

After his speech ended I went to him with an interpreter and had a brief chat with him and took his e-mail.

I returned to Iran after a few days and since then we are constantly in contact with one another. We gradually became familiar with each other's writings and points of view. I was surprised to find out that even though we are from two different cultures and speak different languages, he can understand the finest layers of my writings; it was as if he knows everything that I see. Later on he asked me to translate the 14 valleys before translating the other materials and I sent the translation of each valley upon completion; each time he encouraged me with his opinions and I requested his views on every topic.

This man is a wise and distinguished scholar in the field of drug addiction who has dedicated four decades of his life to

research and study in helping human beings who are buried under the ashes of drug addiction. He is the author of many books and articles including 13 books and more than 300 scientific articles. This gentleman is no one but William L. White whom I'm sincerely grateful to for his assistance; if not for his advice and encouragements, the valleys wouldn't have been translated this quickly.

Also, I thank my disciple Saeed Moeini who has worked immensely for the translations of these materials; he is the fruits of the DST method and works as a volunteer in congress60. I thank the Meridian organization for inviting me to England as well.

31/05/2010

Hossein Dezhakam

# *The First valley*

*All structures begin with contemplation; without contemplation, whatever that exist will decline.*

In this valley, we should know how all beings come into existence or how they are created. The first step in creation is a thought or an idea; and this idea is the beginning of creation.

Therefore in order for all human beings to find themselves they need to ponder deeply and forces of inspiration, revival and motion also exist. In other words everything is like a blank sheet of drawing paper, and then little by little the image begins to appear and from its meaning appear the beautiful, ugly, good and bad.

**“Therefore, one must first contemplate”**

Now we come back to the main topic:

For years we have been struggling with Narcotics and alcohol addiction, knowingly or unknowingly makes no difference. The important thing is that we want to get rid of this monster that has destroyed our lives. Maybe our appearances have been affected, or there is anarchy and chaos in our lives.

At this stage we need to think where we are and where we want to go from here. In this valley we don't plan to quit addiction right away, since we have done that many times and have been unsuccessful, even doctors and psychiatrists couldn't help us.

**At this stage we contemplate:**

Do we want to think? What subject should we think about? How should we plan and what thoughts should we avoid?

Maybe we imagine that we have always been contemplating, but Narcotics addiction and its progress shows that we haven't been thinking right and have continued our lives without the right attitude; and have lost or are losing all material and spiritual assets that we have.

We have to devise a careful plan to defeat addiction; a precise, calculated plan, with no turning back.

We don't want a sophisticated plan, just a do-able plan to solve our problem. We have to be realistic about our approach towards curing Narcotics addiction. We know that our will power alone cannot be enough to fight off our substance abuse since this issue is much stronger than our will. For example in order for us to climb to a high summit(Mount Everest), our will alone is not sufficient, we should have the necessary skills, tools, and an expert guide in order to reach the summit.

If we can't think properly at this stage, we can consult with others, but we must make the final decision ourselves. This would give us the optimum confidence we need on this path to redemption.

However, let's not forget the supreme power that observes the creation at all times. Our universe is a very sophisticated creation and a supreme power controls all the details, at every step of the way. This force automatically guides all beings towards their own intentions and desires. If an individual wants to move towards darkness and vice, the beyond force guides him, and if he wants to head for purity and goodness, it will be directed respectively.

Maybe some of us don't have faith in this force, but if we look deep within our hearts, we can feel its presence; seek and we shall find.

This could play an important role in our redemption and good health.

It depends on us if we demand it or not; not our color, religion or nationality.

***The most virtuous humans are the closest to this force.***

## The Second Valley

*No creature comes into existence without a purpose; none of us are insignificant even if we think of ourselves as that.*

### The Second law

*We are happy that we are continuing our battle, to achieve a good result, and our internal world transforms into a developed city where all beings move towards the supreme power. We had lost our direction for the reasons that we know very well. To realize, we have an important path ahead of us, we have to contemplate and try hard to achieve our aim.*

*In continuation, our efforts lead to a point where nothing can weaken our abilities, we have to collect lights that shine from each point, each sparkle, leads to great brightness and the Supreme Power is clearly visible in all of them. None of us are futile even if we think of ourselves as that.*

*All themes are inside and outside of us that are like volcanoes, what happens, especially in the right direction.*

If we have contemplated enough in the first valley, it might have become clear that we have lost many things in life, or are losing them at the moment, and they might be material or spiritual. Maybe we are familiar with these terms: Addict, humiliation, fear, divorce, separation, expulsion, confinement, criminal records, it doesn't make a difference whether we are educated or not, whether we are rich or poor, young or old, man or woman.

Imagine a wealthy person trying to hide his substance abuse from everyone around him. He is constantly in fear, and if he

can't use drugs for couple of days, what misery he will go through. Such educated, young and respectable individuals that have become street junkie or homeless and overdosed on the sidewalks.

Maybe some of us think that life is over for us and there is no more hope and nothing matters any more, why are we here? Our birth is useless and many other such views to sink more into darkness. This is a sign of losing confidence and surrendering to annihilation but if we look at the entire universe, we realize that nothing in this creation is without a purpose, even if we think that something is useless, it is a false perception, we haven't be able to understand the philosophy of its creation. For example if you look at a worm, you realize the importance of its creation.

When the human being came into existence, the supreme power guided him to a cross road: one is the path to darkness and the other one, the way towards light (glory). Generally human beings experience darkness and vices in order to realize virtues.

However, if the man chooses darkness, he has to pass through difficult tests in order to be ready for light. In narcotics addiction we are dealing with two entities, one is human being and the other is Narcotics. Since Narcotics addiction comes from the combination of these two, therefore we must know and understand both subjects plus their effects on each other.

As far as human being is concerned, the body is made up of millions of cells, and each cell's structure is as complicated as a city. Therefore we are a ruler of an amazing universe within us which we know very little of. In the past years, we have done so much damage to this universe. We imagined that narcotics would give us lots of energy and we might still have this opinion. But recognizing the truth is very easy. If we look at our appearances or other substance abusers, we can understand that Narcotics don't give energy but waste natural energy of the body. There is a misconception in our minds about the actual nature of opium and the family of opiate substances. Instead of giving more energy, they increase the consumption of the energy. For example the energy that must be used in 60 years, gets wasted in 20 years when using Narcotics. Of course, in addition to the overall damages done to our body, the opioid production system is damaged as well.

Another crucial point is that some people might say that they don't believe in a superior force that's not a problem, but we should think that we don't even know a tiny cell in our body and it's full essence, function, etc. therefore one must know himself or herself before realizing the superior force.

To gain this realization, two ways exist: one is contemplation and the other without contemplation, some have realized the supreme power without thinking, and cannot give any reasons for their path. However with contemplation you can achieve the highest peaks of divine knowledge. We have realized that we don't know much about the billions of cells

that make up our body and we have caused so much damage to this vast universe. Thus we have been an incompetent ruler for this organization. In order for us to be a competent ruler, we have to prepare for a thought battle and any difficulties are divided into 3 main categories:

**A) Our physical problems**

**B) Our psychological problems**

**C) Our misunderstandings about the universe**

Our physical and psychological problems will be solved within a reasonable time period, but our universal perception must change towards ourselves, the people around us and our surrounding Environment. This means that our viewpoint, awareness and knowledge must be changed.

For example if a person reaches dead end in life, even if his physical and psychological issues are resolved he would return to substance abuse again. Therefore the first step is to know the nature of human being.

Of course family problems or work issues still exist, but when we have fully recovered from addictions, we will find the strength to solve them

**An important point:**

At this stage all of us should choose a guide in Congress60, so that this guide would be the light on our path. It is recommended that we do this with patience and reflection.

## *The Third valley*

*It has to be known that nobody thinks as much as human being for his Real self.*

### *The Third Law*

*With the beginning of life in this valley we have a fresh start. We hope that by observing the nature you arrive at vast dimensions, like musical sounds shine in your universe so that you be the key to your own recovery.*

*We know very well that if a person himself doesn't search for the real subject, all the experts in the world can't help him.*

It is understood from the above that to overcome addiction we play the most important role and if we assume that addiction is an illness that others should cure it for us, we are making a big mistake. It is our own responsibility and we must think of a solution ourselves along with the support of our family and friends. If we have physical and sexual dysfunctions, it is because we have some unpaid debts as a result of our addiction, and we must settle this debt in a determined fashion and be strong against calamities that might come our way.

We must understand that our life has lacked awareness and now we have begun a conscious battle. In order for us to be victorious in this battle we must recognize our strengths and the power of narcotics (negative forces). We shouldn't underestimate the attraction of drugs and dark forces; they will be disguised in the most beautiful forms to enter our thoughts and once again enslave our wisdom. We must realize that the ultimate source of vice lies in material attachment and we must not be attached to any matter of any kind.

Narcotic or drug is a kind of substance (matter) which has damaged our life, sometimes liberation from one might lead to dependency on another, such as sex, career, money and...we must act in a manner that they would be under our control, and not the other way around.

Moreover we must note that since we have gradually increased our drugs, the reduction must also be gradual.

Maybe some individuals like the Cold Turkey method and prefer the quick path. They must realize that patience and confidence are needed for a successful recovery and in due time they will hopefully attain the perfect balance (physically and mentally). This is almost impossible but doable. However, how many individuals have got the necessary strength to do such a thing? I will clarify this matter with an example: Let's assume a big rock has blocked the path of a river and a strong current has gathered behind the rock which acts like a dam. Even if we are able to lift the rock instantly we mustn't do so as the powerful current behind it can damage everything on its path and a destructive flood ensues. The logical solution has three stages:

**a) Removal of the Rock**

**b) Controlling the water and reducing the current's strength**

**c) Using the reserved water for irrigation**

Now the proper approach is to start from a small area and gradually make the hole bigger and bigger so that small volumes of water flow out. Given enough time the water crushes the rock into smaller pieces and it is reduced to a stone which we can remove with one motion.

The conclusions derived from this valley:

**a) We must take full responsibility**

**b) Overcome all the adversities as a payment to our addiction**

**c) Try to solve our own problem by contemplation**

## *The Fourth Valley*

*In crucial matters, leaving the responsibility to God means neglecting one's own responsibility.*

In this valley we come across important concepts, as our understanding of the supreme force or our perception of the force behind this magnificent creation has been inaccurate. If we had an accurate view we wouldn't have damaged our health with Drugs and ruined our life in this manner.

Now we want to know and rely on this supreme force and a true understanding is required. Since we were fanatics in our opinions and reacted emotionally to problems and dealt with issues without contemplation, this new perception is necessary.

This supreme force is so evident in creation that we feel its greatness within us and self realization can lead to a better recognition of this force. Therefore we have to rediscover the human's essence.

## **Discovering the Human's Essence**

The human essence is divided into two parts: the first is the body (physique) and the second is the spirit (energy). The millions of cells that make up the body will perish after death, but the spiritual essence is released as a form of energy and will travel to a designated destination. If we look deep within ourselves we can locate a centre of energy within us, assuming we aren't involved with drugs, material possessions and prestige, which are not compatible with the actual purpose of our creation.

Following wisdom's command can lead us towards realizing the mysteries of our inner and outer essence and also the secret of other universes parallel to ours. External universes do exist but only when the internal eye has been opened to them and this happens for individuals obedient to the supreme force. Other creatures do not have the luxury of this divine gift and anyone who aspires for this gift need the divine grace and also go through a refinement process which is not easy at all.

Creation is so diverse in other universes that is hard to imagine and that's why it is unbelievable. We have not been able to comprehend even the slightest details of it; therefore we try to realize ourselves, the true self. To understand human being, there are certain attributes of it that are visible and we can see them with physical eyes, we use the following terms to describe it:

Human's visible attributes = physique = inner city = within = first body

Some examples of these physical attributes are: brain, heart, kidneys and the five senses that are made up of small particles called cells and other complicated systems which are beyond our comprehension. Some of these visible systems are destroyed due to constant use of drugs or alcohol, mainly the anti-pain system and opioid production system in the body.

Scientifically it has been proven that there are 12 Opioid like substances produced naturally in the human body like the Endorphin and Enkephalin family.

Since there are scientific researches and studies published in other books about the physical aspects of the human body, we will discuss the invisible aspects:

Human's invisible attributes = psyche = existence = external = second body

Just like the first body or the physique that is made up of many components, the second body or psyche is also made up of certain components. They are self, beyond the physique sense, wisdom, spirit, virtual body, archives...now we will explain the definition of self:

## **Self**

It is the main identity or foundation of every creature; it defines the essence or existentiality of that being internally or externally. The self has desires which can come under two categories: carnal desires (irrational) or divine desires (rational).

When a creature's desires become reasonable and reach a balance it enters into the human phase. In other words an animal has carnal desires that are instinctual and does not have the luxury of wisdom or contemplation. In the human phase one has free will to choose between the vices or virtues. All humans must experience darkness in order to realize light, meaning they experience carnality and must pass through it.

### **The lower self**

The first stage that humans experience is the lower self, the self that wants to experience desires without thinking about the consequences, the self that orders. A satisfaction is derived from doing vices and a deception takes place. Maybe one needs to drown in this stage in order to realize the law of Karma, meaning that every deed has a reaction in this universe. Someone who experiences lower self lies, cheats, kills and betrays with no feeling of guilt, and even thinks that he is smarter than others.

## **The Middle self**

The second stage is the blaming self, the self that does the inappropriate act but blames itself afterwards and feels guilty. This is experienced after one passes through the lower self and regrets irrational behavior.

Most of us that have gathered in here are in this stage since we are all upset about our addiction and want to come out of it and distance ourselves from substance abuse which is one of the vices. Entering this stage is a spring board to leap towards perfection and virtues, to be cleansed from impurities and choosing the rational choices constantly. We hope to be able to cross over successfully and omit all irrational desires from our thoughts, words and deeds.

## **The Higher self**

The third and last stage is the reassured self or the perfected self. In this stage the self is completely sure about the nature of the act before it is done and no irrational or indecent act is done, internally or externally. The concept of good thoughts, good words and good deeds is completely carried out. For example what we mean by internally is that if someone is offered drugs in his dream while sleeping, he would refuse it. This is the last stage of evolution of self and if we arrive at this station we have solved our issues with drugs for good. Of course one must attain this perfection in all aspects of life

and not just in drug addiction, and then we can enter into the heaven of the supreme force. The supreme force has variety of heavens and only those who experience higher self can enter this special heaven.

At this stage the individual becomes a medium for the supreme force to carry out its plans. Ultimately we do the best we can to attain our goals and the supreme force guides and assists us every step of the way. We have to understand that having free will means we take responsibility for our actions and not leave them to god, and if we want to come out of darkness, we must work hard and move towards that direction ourselves. What do you think is God's purpose of our creation? Isn't true that he brought us from the highest of the high to the lowest of the low in order for us to realize the wisdom's command and attain the highest peaks of evolution.

## *The Fifth valley*

*Cognition is not the absolute power of solution in our realm of existence. It will be completed with experience and achievement.*

In this valley we should put our thoughts into actions and materialize our strengths. In other words we must execute the sensible plans in our mind and create new structures.

At this stage we must start cleansing our act and change our ways and until we do this it is highly unlikely that we can initiate a change in our family and our closed ones. In order to amend our behavior, manner and thoughts we must constantly remember the three important principals of Good thoughts, Good words and Good deeds.

Because when our thoughts are positive, naturally our words and deeds become decent as well. Therefore in order to move towards the virtues we must consider implementing certain steps to achieve our intentions and unless we carry out these measures we will not accomplish our goals. Let's not forget that it takes time to carry out these measures and

one must approach them gradually and not expect a quick fix. Now we shall briefly explain these steps:

### **1- Turning away from vices:**

Since the spirit and psyche of a human being is pure and without a stain, vices act as dust and dirt which settles down as impurities and make the individual extremely restless. These vices include a wide spectrum and substance abuse is only one of its branches. Therefore we must create a harmony in our life where we refrain from doing any indecent act (vices).

### **2- Abstinence:**

If we are not sure about the nature of an act and it creates doubt within us, we must abstain from executing that idea. For example if we are not sure whether to visit a friend who is living in a drug friendly residence and if by entering the premises we might be tempted into using drugs, then we shouldn't go there at all.

### **3- Contentment:**

It is recommended that we live with the bare minimum essentials especially in our first journey. It must not be misunderstood that we mean being broke or bankrupt is good, not at all. We must actually strengthen our financial roots and become very self reliant and stable in our material

life. Of course this must be done in a lawful and ethical way. The emphasis here is that we must be content with whatever resources that we have and maximize our benefits from them and value the things that universe has provided for us. We shouldn't spend our time envying all the things we don't have because the only real asset that remains with us is our thoughts and knowledge which we have gained.

#### **4- Patience:**

We must be patient if we want to get rid of our drug addiction and impatience would pose as an obstacle on our path. All of our ideas and intuitions are achieved with patience and forbearance, for example when we cultivate wheat we are not going to harvest it within a week. It needs irrigation and care and of course the due process in order to produce a healthy crop. The same applies to our substance abuse issue and gradually we can regain our health back and time is an essential factor in our recovery.

#### **5- Reliance**

While traversing the different stages of our life journey we must do the best we can at all times but ultimately rely on god's grace for assistance and constantly remember that the supreme force is the manifestation of everything and seek his guidance and compassion in all calamities. Let's not forget that we must always call out to him for assistance.

## **6- Gratification**

We should always be satisfied with our destiny wholeheartedly, in our speech and action and be cheerful in accepting what faith has determined for us. Together with contemplation and reflection we must create new structures because the things that direct us towards the straight path and true wisdom are structures which lead us to virtues.

## **7- Surrendrance**

This station is higher than the gratification stage and it is attainable only for those individuals who have achieved the previous six grades and attained the utmost certainty. In the gratification station we are satisfied with whatever that comes our way whereas in this station we have no wishes except the wishes of the supreme force, therefore we neither agree nor disagree with anything. It is necessary to mention that this is a very difficult phase to be in and it is only doable in the third journey which is traveling from one's self to one's creator, however we try to learn as much as we can from these stations and transform our structures from ideas to actions, from theory to practice.

# The Sixth valley

*We must carry out intellect's command as the commander in chief.*

*While evolving, Intellect operates on its own like a machine whereas spirit with its unique and gentle characteristics is led by intellect's will. In this valley we come across the main and the most important components of the hidden attributes of human which is wisdom or intellect. Wisdom is the most significant issue in our journey of evolution which has neither a beginning nor an end and we must attain wisdom's command as it is essential in our path.*

This path of arriving at intellect's command is both difficult and satisfying at the same time. The universal wisdom is like the sun shining on everything and all creation including us. Humans are like houses that have outlets for sunrays to enter. The more cleansing we do the bigger the outlet becomes and in turn our houses get brighter as the sun of wisdom shines through. However if we move towards impurities then these outlets get smaller and darkness invades our being. Intellect is made up of particles that we are not familiar with and it is not made up of flesh and bones or other materials. That's why it is eternal and non-perishable and will not be destroyed after death. A question comes to mind about the brain and its function. The answer is that brain is an interpreter for intellect just like how tongue is the tool for speech or taste. Therefore the brain is not the location for intellect or in other words intellect is not located in the brain so as to perish when the brain is dead.

Intellect acts as a great ruler in our universe within or in our city of existence and it has received its throne from the supreme force. In other words it has the Divine Splendor and governs over our psyche. Obeying all the instructions and laws of this wise king can help us walk the straight path and lead us towards a higher station in our journey of evolution. Even though intellect belongs to our hidden attribute, but we can conveniently hear its voice within us. If we want to hear its voice right now, we only need to decide to do something irrational like slapping ourselves real hard. Immediately we

can hear a voice inside us that says” are you crazy? Are you out for your mind?”

Now you probably know what we are talking about. This is the voice of intellect. Of course there is another voice within us that constantly challenges intellect. We call this the lower self or carnal desires and every time intellect told us to quit drugs, the lower self insisted that just this one time and no more after this. It continued to illustrate a happy image in our head about getting high and ridiculed a drug free attitude. This is a constant internal battle between the higher self and the lower self and intellect knows exactly what the right decision is but the deception of our carnal desires are a great obstacle to overcome.

Now we compare our body to a city calling it the city of existence, which includes our cells, intellect and other attributes and we will give them personalities to illustrate our point clearly.

In this city all kinds of humans exist, savage tribes, criminals, tyrants and cruel individuals, also honest, decent and noble people as well. There is a council in the city where all the leaders of different communities gather and make decisions about the wishes of the people and then leave the final decision to the great ruler (intellect). If the ruler decides that the matter is in the best interest of the people, the rule is carried out.

However when the council is under pressure from the bandits and criminals to make harmful decisions, the ruler doesn't allow that to happen. At this stage the savage leaders who are always after satisfying their carnal desires unite with other vices and choose the lower self as their leader. Deceptive imaginations constantly invade the mind and lies and deception become the strategy for a coup against the ruler. In these conditions the wise ruler is taken down from his position of authority and lower self takes over as the illegitimate ruler. Now the city enters into a state of chaos and anarchy and the destruction begins. This goes on until one of the virtuous leaders starts to blame and criticizes the current government. This leader is the conscience or the middle self and reduces the rate of destruction. This leader takes over the power from the lower self and the power is given back to the intellect once again, Of course not the full power. And so the story continues and the conditions of the city improves, sometimes is good and other times is bad. Then comes a day when an outstanding individual from the council rises up to take over and his name is the higher self or reassured self. If one day the power is in the hands of the higher self then that day is the era of ultimate justice, peace and harmony, the day of intellect's command.

This story of coup against the intellect is our current situation. Since the lower self has taken over the affairs of our body (inner city) along with narcotics, a great destruction on our body and psyche has taken place and the battle is in full force. Any time we decide to quit drugs, the lower self as

the commander in chief orders the savages to attack all the cells in the body and create wonderful images in our mind of drug consumption or being high. It tells us to just use a little and all the physical and mental pain would be over and as soon as we do that, the voice changes the topic and recommends the continuation of drug use. How delicately tricky and deceptively manipulative this carnality within works. One must fully recognize the white eagle within to be able to overcome the challenges on the path.

# *The Seventh valley*

*The mystery and secret in discovering the Truth lies in two factors: finding the right path and what we derive from it.*

In this valley we continue the discussion on finding the right path so that we realize its importance. Many individuals have gone astray or their lives completely destroyed only because they weren't able to find the right path. Some of them were strong, determined individuals who were eager to quit their addiction but couldn't do so and at the end some even committed suicide.

We can't really say that they didn't have will power or that they were aimless in life, it is just that they were sick and their physical health had been affected due to chronic use of drugs. The root of the problem is physical sickness not mental or psychological sickness, because when the body is not balanced then the mind or psyche is also affected. Therefore the most important step is finding the right path. We know very well that addiction moves very slowly but destroys everything in its way and the stronger an individual

is the quicker that person falls prey to it. In other words those that think they will never get addicted to drugs would become addicts much faster due to their false confidence. Only a good swimmer drowns in the ocean since someone who doesn't know how to swim won't jump in the water.

Before we find the way, we introduce the following questions:

- Why is it that we have suffered the pains and consequences of several drug treatments, cold turkey and other difficulties but went back to drug use after a short time?
- Why do we accept the insults and humiliations of drug addiction but still continue?
- Why do we continue this destructive habit even though it takes away our family, friends and career?
- Why after quitting many times some people commit suicide?

And many more WHYS such as these. You probably answer that lack of will power, determination, enthusiasm and confidence has lead to this crisis. But we have come to a conclusion that we are sick and curing this sickness is not possible within one week or 20 days. To sort out the situation and determining the best way to overcome this illness, we must examine all the circumstances and raise our awareness. We do understand that once we stop taking drugs, some side

effects or symptoms appear in our physique and psyche which are mentioned below:

#### 1- Visible Symptoms or dysfunctions:

When we are using narcotics from the Opiate family and are seriously addicted to them, upon sudden withdrawal, certain physical side effects appear in our body. For example runny nose, constant sneezing, profound sweating, diarrhea, bone ache, insomnia, muscle spasm and many other problems. This phase is generally called Detoxification. Ironically all of our problems are due to the lack of narcotics in our body, so how could it be poison? This phase carries only 5% of the weight of the physical and psychological treatment and could be implemented in the following ways:

- a) Discontinue the drug use immediately without any remedy or medication
- b) It is possible to relieve the symptoms within 20 days using proper medication under doctor's supervision
- c) It is possible to reduce the drug usage gradually over a period of 20 days until a full withdrawal

#### 2- Invisible or hidden symptoms:

This phase which carries 90% of the weight of the physical and psychological treatment appears after the visible side effects are over. It takes about 6 to 9 months to cure these symptoms mentioned below:

Insomnia, agitation, laziness, sexual dysfunction, anti social behavior, feeling hopeless and depression.

Today we have the knowledge that chronic substance abuse leads to the destruction of opioid producing system of the body, anti-pain system and other vital opioid receptors and it takes time to repair them. Although they might not regain their full productivity at the end of the treatment but 90% of their potentials are achieved. Ever since we became a hardcore addict, we never imagined that narcotics can cause such damage to our overall being. We thought that if we just stop using drugs for only a few days we can close the book of addiction for good but today we have realized that the damage caused by addiction is not less than the damage of other serious illnesses. We feel responsible to transfer this information to other addicts so that they can find their way and also raise the awareness in other people that addiction is a dangerous path to take.

After the explanations given above, one has to recognize his or her own problem and come up with a solution according to the social and economical situation that they are in; remembering that the treatment period is approximately 10 months. Therefore we must determine the path closest to our goal and understand that traversing a long distance in a short time is impossible and taking a short cut can only lead to hell bent. We also have to find a positive direction in our lives because chaos has taken charge for some time.

When we take a look at our city of existence (inner being) we can see that sometimes the leaders of the council realize the deception of the lower self and all the damages it is causing the body, and they decide to depose it from power. But each time they get ready to attack the lower self, they retreat with heavy casualties and after numerous defeats the wise leaders try to gather information about the enemy and its strength. Since we can't destroy all the forces of the lower self (they are the children of our own nation only not very intelligent) it is better that we educate them and we know very well that we can't do this overnight. Anytime these soldiers are hungry they will attack and their food is narcotics and they don't care about anything else. The best approach is to feed them the food they desire and gradually decrease it so that the body's natural narcotics can replace it and the peace in the country is maintained. However if we suddenly stop the food supply it is obvious that we will deal with a lot of disturbances and when all the residents of this city are educated and trained, the leader would be the reassured self or the intellect and with its divine splendor the city can continue on the straight path.

That is why it is said "do not kill yourself with your own hands". This means you can enjoy all the blessings that the universe has provided but in the right and proper way. You don't have to be an ascetic in life; you can enjoy wealth, marriage and all the other joys in life but not with indulgence. The last words are: you can drink water but not under water so as to suffocate or drown.

# The Eighth Valley

*The path is revealed with progress.*

*The waves crash on land like a whirlwind and take all that are precious as safekeeping and this is carried out only through Divine Command. Thus to those of you who have taken an oath, be in the contemplation of rising up from the earth and proceed to the commanded destination.*

When the supreme power created the human being, one of his favorite angles who had a high position in the heavens opposed the divine command and refused to respect the status of this new creation and began a rebellion. Perhaps the supreme power himself wanted this to happen. Nevertheless this angle or commander whom we refer to as Satan in this day and age, thought with the power he had received from the supreme power he can rule the creation,

therefore he asked for a respite to keep his power. And so the supreme power gave him a deadline until the promised day and banished him from his court at which time he gathered a group of his supporters and made human beings his number one enemy. Thereafter the angel announced that he will use all of his power to deviate humans from the right path and make them disobey the divine laws. Satan knew that human being is the only creature with free will and the gift of choice which means he can either choose the path of virtue, love, truth, compassion and honesty or the path of vice, crime, hate, corruption and bloodshed.

At this time Adam and Eve were in heaven and soon Satan's conspiracy deceived them and they began opposing the supreme power's commands as well. The supreme power questioned them about this and they apologized and said: "we made a mistake, please forgive us and we will make amends."

The supreme power accepted their apology and told them that they had to show their remorse in action. There after he gathered all the mankind who were in the heavens and told them: "I make a pact with all of you, am I your Lord? That means do you acknowledge that I am the supreme power, your Master and that you will obey all of my commands?" We all said yes.

The pact was made and the supreme power said: "go to earth and **the path is revealed with progress** but I warn you that Satan is your greatest enemy. Go and it shall be known

in deed and direction which one of you are determined to keep this promise, that which one of you will obey the Satan whose appearance is beautiful and deceptive but has a terrifying nature, and which one of you will traverse the path of light and divinity. In the end your position is clarified and if you move in the right direction you can arrive at the original destination from which you have diverged and return to your Lord with honor and joy. Although the point from which you started this adventurous journey is the same point that after many sufferings, adversities and joys, one returns to, but there is a sharp contrast between them. Because all the knowledge, awareness and teachings remain with you and they can be used to control the hidden aspects of one's personality." This valley of **"the path is revealed with progress"** is a universal law similar to Newton's law and how beautiful a wise man described this law: Persian poem "if you are the man of battles, you must pass through the battle field filled with blood, if your feet are tired you must crawl the rest of the way, you step on the path and don't say anything, the path itself will tell you how to continue the journey".

That's right; the path itself will tell you which way to go. Of course we must emphasize that we need to plan and have a strategy for any journey and we can't just simply say we move forward and everything will fall into place. For example how can anyone cross over a freezing mountain without a guide and equipments and finish the journey safely? Fortunately we have the previous seven valleys in our backpack, like the first valley that says structures are formed

with contemplation or the fourth valley which teaches us that in crucial affairs one must not leave the responsibilities to god. This valley tells us that when we want to march toward a goal after gathering all the information about the journey, we shouldn't expect to know all the details as it is impossible to predict everything that might happen along the way. This means that what I imagine can be very different from reality and when theory is put in action many of our calculations could have a different outcome.

Therefore in this valley we learn not to panic in these situations and rely on God and continue our journey and as we go further down the path, our destination will become clearer. Along the way we might come across guides and friends who can assist us in our difficulties. For example if we want to apply for a job, we have to leave home and go down to the office and fill up an application form, otherwise if we sit and wait for eternity nothing will happen by itself. So we can say that we knew about this law and have used it for many years especially in the way of the vices, for instance when we needed drugs and we had no money, we usually didn't sit at home and wait for drugs to appear; first we thought a little and then made our move and began an intense search for our fix. We made phone calls to dealers and friends looking for money and drugs and we did this until we finally got the drugs.

Today we have learned to use this law in the positive direction and if we come across any problem, with contemplation and careful planning we solve it. We have

learned that when we attend the meetings in Congress<sup>60</sup> we must respect the laws and sanctity of congress which would lead us in the right path to redemption and we believe that when we redeem ourselves from the chain of our carnal desires, then:

**Day by day we strengthen our bond of love to the supreme power and make an unbreakable connection with him and we shall go to the highest peaks and scream with the loudest voice that "we only worship you and we only praise you for this great act" and maybe we can get a little closer to him and he, a little closer to us.**

### **Paying back our Debts**

In this valley we have learned that we have to move forward in order to repay our debts and rebuild the damages we have caused. The first person that we have to pay back our debts is ourselves, and you might be surprised by this. If we only pay careful attention to ourselves we can see the extent of physical and mental damages caused by our addiction. Our body produces natural opioid substances which are essential for our health, but by entering narcotics in our body from external sources we destroy these vital factories within our body. We must begin the repayments in the following ways: a) our body and psyche and b) our personality or integrity and honor.

## **1- Our psyche and physical body**

The first payback is to repair the damage done to our physical and mental structures.

They are either being repaired or already repaired meaning the first and second journey (being cured and in recovery). If our first journey (the duration of our treatment) has ended we must begin a sports activity such as swimming, football, volleyball, running or any other sport and even if we can't do any of the mentioned above sports we must walk for at least one hour per day. Sports activities are vital in order to gain a healthy physical and mental balance and also to achieve a cheerful personality alongside restoring the production of body's natural opioid substances.

This means that in our first journey we must relentlessly try to taper our drugs or medications according to the plan given by our guide or our doctor and to restart the production of the vital systems in our body and avoid doing any heavy or intense physical sports. Because when the opioid producing system and neuron receptors are being repaired, heavy duty sports are harmful. Also physical illnesses and defects can suddenly show themselves during the tapering of our drugs. Of course experience has shown that some of them will be healed due to the reconstruction of the crucial systems in the body. However if the illness is an emergency then we must go to the doctor.

## **2- Our personality or honor and integrity**

The next stage is to restore our honor or personality. Of course we must mention that not every addict is without honor or personality as this is not a wise thing to say. What we are trying to say is that by abusing drugs on a regular basis we have caused some damages to our personality and reputation and it could be a minor or a major damage. Under the influence of alcohol or drugs we have behaved in an unusual and unreasonable manner and in turn have diminished the level of confidence others have in us. Sometimes we have felt the humiliating looks others have given us even though we might have ignored them all the time. Now we have to move in a positive direction and carry out certain plans so that others gradually trust us again and change their views about us. This can be done by doing decent acts and when we believe in ourselves, others will also believe in us.

Second phase of this payback is in regards to our family, friends and loved ones. During our years of addiction and due to our destructive habits and manners, we have caused them so much pain, misery and sorrows. Why do they have to pay such a heavy price for our irresponsibility? Is it their fault that they became our father, mother, partner or siblings? These pains and discomforts are material and spiritual and they have lost face and reputation in the society because of us. The payback is not done through words so as to apologize and ask for forgiveness, but it must be done through action and deeds.

**Making amends have to be carried out by changing our thoughts, words and deeds. In other words we must move in a direction of Knowledge, justice and decency and their combination with love and affection must be displayed in our thoughts, words and deeds.**

The last stage is the payback to our society and the universe as a whole. If we have any financial debts we must gradually repay them and if we have caused any detriments, reprisals must be made. By being a decent human being we can contribute to the society as well.

## **The pact**

Carrying out this stage voluntarily is designed for individuals who have completed their first journey successfully and at least six months has passed from their redemption date. First they talk to their guide and announce their eagerness to make the pact and then upon permission they can carry out the ceremony. Until further notice the permission is given only by the Guardian of congress<sup>60</sup>. Individuals who have quit drugs using the cold turkey method must have at least 18 months of sobriety.

**Location of the ceremony:** besides a river or in a valley or a mountain

**The starting time for the ceremony:** 12pm (noon)

**The finishing time of the ceremony:** 4pm (afternoon)

### **Conditions of the pact**

- 1- Cleansing of the body before leaving for the location of the ceremony, wearing clean clothes like a white shirt or a white scarf
- 2- No one else should be around us
- 3- No one should hear our voice
- 4- In the duration of the ceremony food and drinks must not be consumed

### **Equipments needed for the ceremony**

- 1- A blanket to sit on
- 2- Pen and paper
- 3- Matches or lighter

### **The ceremony of the pact**

The ceremony is divided into two sections:

- 1- Writing the list
- 2- Requesting from the supreme power

### **Writing the list:**

The time to write the list is from noon to 1.30 in the afternoon and the time to read the list is from 1.30 in the afternoon to 2pm.

The method of writing the list: first we pay our respect to the supreme power in whatever way we feel comfortable, and then we clarify our intention. Then we write all of our actions that we think were inappropriate or bad (sins in the past) on a piece of paper and read it in a loud tone 3 times and then we ask God for guidance and forgiveness and we promise not to commit any more indecent, immoral and harmful deeds. We ask for opportunities to make amends and serving the humanity, especially substance abusers.

After contemplating for about one minute, we will burn all of our writings and scatter the ashes into water or wind. If there is any time left we spend it in solitude and silence and let our thoughts take us wherever they wish and we try not to resist them. At 2pm the first stage of the ceremony must end.

**Request:**

In this phase we must write whatever we want from the supreme power for ourselves or others and any prayers we have, on a piece of paper and we promise to put all of our efforts in achieving these wishes as well. Afterwards we read these wishes and prayers 3 times with a loud voice and we plead with the supreme power to comply our prayers. Then we observe one minute of silence and then we tear that piece of paper into small pieces and slowly leave them to the wind or the river as they also have been the witness of our ceremony and our pact. Thereafter we sit in silence until 4pm

and let our thoughts take flight. At 4pm we end our ceremony. We wish you the best and pray for us too.

**Important point:** you should carry out the ceremony in a manner that no one under any circumstances can come close to you or disturb you or read your list of wishes and confessions. This is a pact between you and the supreme power and no other being should know about this even the closest people to you.

## *The Ninth valley*

*When a force begins at a low level and gets to a higher degree, it reaches an endurance point.*

*This message is for those who have entered the new world and are aware of their true self. It is compulsory that you move from the state of words to the state of action and pay attention to earth and sky. With your profound intellect have strong faith in the blessing of the heavens and know that your reward will assist you further. Hence plant a precious seed or a valuable crop so as to gain enough food and also the comfort of a shade.*

*Therefore do as the command says.*

What does the command say: when human being was created and left the heavens and became a castaway on earth, he was a creature who had the highest intellect, more than any other animal and had the potential of all the virtues and vices in him. He was given free will so as to test him; therefore he came to a crossroads in which he had to choose one of them, the way of the virtues or the path of vices. To make this crucial decision the supreme power provided man with two guides or two prophets, one internal guide which we can name intellect or wisdom and the other one, an external guide who are the messengers or prophets of the supreme power that came one after the other to demonstrate the way to salvation and freedom, to show where all the paths lead to and the characteristics of these two ways and where they could take us in the long run. So what are the commands of the supreme power that are taught by his prophets?

The command says: don't lie, don't steal, don't give or take a bribe, don't backbite, don't interfere in personal matters of other people, don't launder money, don't rape, don't taunt others, don't break a promise, don't oppress others, stay away from corruption, help those in need, do not look for flaws and weaknesses of others, don't take others inheritance, help the orphans, donate money to charities and know that money is to provide comfort in life rather than stockpiling it for safekeeping and finally stay away from all kinds of intoxicants like alcohol, opium, hashish, heroin and psychedelic pills. An intoxicant is a substance that puts a veil

on the personality, thought and consciousness and be aware that this is a great vice even though it is accompanied by a great sense of enjoyment and satisfaction. Generally the path of vices seems very attractive and attainable and it feels as though we can achieve our goals much faster. It is like a poison that has a sweet taste and is placed in a golden jar and as soon as a person drinks it, it can cause disease or even death. Whereas the right or virtues path is like a clay pot that has a life giving water in it and when someone drinks from it, it quenches the thirst immediately. Maybe it is difficult for some of us to quit all the vices that we are involved in all of a sudden, but we can gradually build a tolerance point and overcome the temptations. Of course we don't mean that all of us are hopeless sinners, but most of us do lie, back bite, take or give bribes, etc. Therefore to abstain from vices we must increase our resistance towards them and noting that it takes time to build tolerance. An important point to pay attention to is that all the branches of vices are interconnected and they must be tackled together and it is impossible to solve on issue alone without resolving the others. For example I can't stop lying if I continue to gossip or back bite and the path of vices must change all together, because vices is like a tree that has bitter and poisonous fruits and we are not able to amend the fruits of one branch and the tree itself from the root must be revitalized.

The endurance point: **When a force begins at a low level and gets to a higher degree, it reaches an endurance point.**

Everything in the creation has an endurance point and if it passes that point it becomes altered and its system changes and this alteration or change usually causes damage or chaos. For example if you put pressure on a glass and this pressure is more than the endurance point of the glass, it will break. Metals like gold, silver or copper have different melting point and if they are heated more than their endurance point they melt and their state is altered from solid to liquid. Even plants have endurance points and some can grow under freezing temperatures as low as -60 degrees. However human beings have various endurance points and each individual has a different capacity to endure certain circumstances and if mental or physical pressures are beyond one's endurance point that person can lose his temper or control. This can be seen in arguments and verbal or physical confrontations when two or more people are shouting at each other or using vulgarities. For instance as a father, brother, partner, friend or an employer, we can tolerate people's behavior or criticism until a certain a level or vice versa. But we have to be careful not to cross that boundary or limit or else that person can lose his or her temper and get out of control. At that moment the person's facial expression changes, the heart beats faster and mutual respect or social manners mean very little as all the lines are crossed in a surge of anger and anything can happen. This is because the endurance point of that person or his tolerance limit has been breached and that person is on the **verge of fury**. We can conclude that most of the outrages, violations, fights,

murders and other forms of vice take place on the **verge of fury** and we should seriously avoid it.

In other situations the endurance point of human beings can vary, for example an individual can hold his breath for 10 seconds and another person can sleep in a grave for 10 days without breathing. A person can only run 50 meters whereas another can run 5000 meters and in other conditions such as cold, heat, unpleasant circumstances and calamities, this point can be different.

But the issue that we are concerned with is that, creating an endurance point in an individual in most situations is attainable and it is done through continuous efforts and repetitions along with the needed time period and it can be expanded in both negative and positive direction. Increasing the endurance point in negative matters (vices) such as lying, backbiting... or substance abuse is very easy and convenient and the individual doesn't suffer any hardships. In fact increasing the endurance point in negative issues is sometimes accompanied with joy and satisfaction and this is the element of trick by the great architect. Imagine a person consumes 5 psychedelic pills daily, thus he can easily increase his intake up to 50 pills in a short period of time (six months), or another person can increase his consumption of opium from 1 gram to 5 grams in six months without any difficulty, accompanied with enjoyment. Let's not forget, of course, the suffering that comes later on. To increase the endurance point in vices, we do not need education and contemplation; we just do the deed to enjoy ourselves. Whereas to increase

the endurance point in virtues like not lying, not abusing drugs and other issues, we definitely need education, contemplation and experience (triangle of wisdom). Because the difference in view is crucial and we can only change our perception when intellect is present. We can reduce our drug consumption only when our knowledge has improved and we become wiser. Without practical knowledge even if we attempt to solve an issue a thousand time, still we would fail to achieve the optimum result and each unsuccessful attempt becomes a mean to crash further down into the dark world of vices. Imagine a person who uses all kinds of drugs and narcotics; pills, heroin, opium, hashish and whatever else he can get his hands onto, his body has become infected due to constant injections and he has no more veins left to inject, he lives like an animal and has achieved a high endurance point in ignorance and negative matters along with lots of experience. However with his ignorant and dark world view he interprets his life and current living condition in a victim-like manner, he swears at the heavens and earth for his misfortunes and blames everyone else for his problems and never realizes that he is the cause of all these miseries that are happening to him, the fact is that he is the main culprit. Similarly individuals, who are exploding due to immense hatred, anger and jealousy have achieved a great negative endurance point and are constantly restless and in pain. In order to attain bliss and peace, these people must change direction so that with education, contemplation and experience, they can gradually refrain from misdeeds and destructive behaviors.

Now we shall discuss the endurance point in opium addiction which is a vice. We know that eating 1 to 1.2 grams of opium for a healthy adult for the first time could be lethal. On the other hand we know of individuals who have gradually increased their tolerance in this matter and little by little have reached to a daily amount of 7 or 8 grams and have no deadly effect on them. Therefore a question comes to mind, why is it that using this much opium doesn't kill this person, and also makes him jolly and active? To answer this question we must mention that to increase the endurance point, two factors are essential:

a) Continuous repetition of the issue at hand

b) Time factor

For example to increase the endurance point in running the individual must run every day and in a period of time increase the distance gradually. Now in substance abuse, imagine someone using hashish regularly, **at this stage his endurance point in using hashish has gone up whereas his endurance point in not using hashish has weakened.** The work that we want to do here is to reverse the endurance point in relation to narcotics and our body. We apply this law and using the gradual reduction method (tapering) we can increase our body's tolerance in not using drugs, while the needed time must pass until complete withdrawal from substance abuse. Thus to carry out such an important mission, we must reverse the process that we have been executing for years as this seems the most logical, practical

and reasonable option and is also the least dangerous. It must be mentioned that we are doing this to repair and revitalize our body's vital systems such as opioid production and anti-pain systems and this can only be done in 11 months. **Because constant use of alcohol, narcotics and other drugs which cause an imbalance in human beings and alter their normal state of being and consciousness, have a reverse effect on the opioid substances and compounds present naturally in our body such as Endorphins, Dynorphins, Enkephalins, etc. In other words, the more alcohol and drugs that we use, the less our body produces these substances and gradually external narcotics replace internal narcotics. That's why we say substance abuse is chronic substitution.**

Therefore according to a program we taper our usage of alcohol or drugs in stages of 21 days until full cessation. By then all the vital systems in our body have restarted their production and our reward is the full benefit and enjoyment of our body's natural opioid like Dynorphin which is 200 times stronger than Morphine. At that time we neither require dealers to buy drugs from nor do we need to pay any money to get high and we can enjoy a dignified life.

Now we go back to other issues and leave the world of narcotics for minute. To attain a high endurance point, human beings come across some difficulties and they must combine the two forces (positive and negative) and apply the complementing potentials (the world of paradox) to overcome these problems. According to the ancient

philosophers, the universe is based on opposites and the four elements of wind, earth, water and fire are the essence of this creation and the components of these elements can be found in the table of Mendeleev. In another word we know and recognize everything by its opposite, light against darkness, white against black, joy against sadness and divine forces against evil forces. Therefore looking from a higher perspective, dark or satanic forces play a complementary role in the creation and perhaps without them it is not possible for creation to continue its journey of evolution.

For example a microbe might be considered a negative thing, but its very existence has made humans to conduct extensive research and in the science of medicine, great knowledge has been achieved. Another example is the existence of Tigers, Lions, Wolves and other predators and if they didn't exist what would happen? Or some might say why weren't they created vegetarian? Why must a lion eat a beautiful deer? If we think deeply about this matter we realize that without these predators all these beautiful giraffes and zebras would eat so much grass and sleep all the time until they couldn't even walk and out of laziness they would no longer migrate and were unable to cross through difficult passages. Have you observed how fast they run when being chased by a predator? Where does this agility come from? Isn't it true that the fear of lion's jaw and sharp teeth make them run so fast? Therefore the very existence of predators has brought about the existence of healthy, strong and agile herds of

grass eaters who are constantly ready to escape from any form of danger.

**Those who are not strong enough will become the prey of the predators and this is exact justice. In the same manner if an addict can't protect himself and the welfare of his family and ends up as a junkie which is also exact justice.** In other words to increase our level of endurance we must overcome the calamities of life and challenging the negative forces that block our progress. In order to reach bravery we must pass through fear, to achieve light we must overcome darkness, to be able to love we must defeat hatred and to gain knowledge we must pass through ignorance. To raise the level of endurance we must pass through many barriers and treat them as blessings in disguise and this easy and difficult at the same time.

**Therefore do as the command is.**

An important point: if the human senses become strong but he is not able to tolerate them, he experiences an implosion and we know very well that an implosion may cause certain damages. For instance when using Hallucinogens we come across this problem where individuals who use Hallucinogens alter their perceptions and consciousness and it is possible that they see or hear or realize things that they are unable to interpret them. Whether this feeling is right or wrong makes no difference as both states lead to bafflement, confusion,

and madness and eventually psychiatric hospital or even death. We have come across such individuals in congress<sup>60</sup> whom have declared themselves as prophets or God's messengers and claimed that they know all the divine secrets. Now how could it be that someone who uses hashish or ecstasy is God's chosen messiah? Quite the contrary!

Therefore we can conclude that endurance point plays an important role in all aspects of life. Now we can explain endurance point in other matters. Imagine a person who is always after little money, suddenly receives a large sum of money, what would happen to him? Obviously if he doesn't have the capacity to own this much money, then it can cause his downfall or the others around him. Surely we know of many examples like this in the society such as position, power, fame, knowledge, love, etc.

Any kind of responsibility or luxury given to someone who doesn't have the capacity or tolerance for it can create difficulties for that person. Therefore endurance point is important in calamities, sufferings, comforts and divine blessings.

## The Tenth valley

*Human being's past attributes don't remain the same because he is continuously changing.*

*All of a sudden there is an uprising in the city of existence, but after a while the breeze of the supreme power rules the entire oasis, health and prosperity returns once again and you will gain more benefit. All of our friends send their regards and are grateful to God and the guardians who make the unions possible so that everything in the universe enjoys the divine mercy. Friends in your domicile, feel this trend and evolution with affection every moment. Those who become mesmerized with the mercy of the supreme power will be*

*elevated, however those who are busy pleasure seeking will have no share. You know what I'm talking about, four legged animals that are looking for extra legs in order to stay firmly on earth; however they don't know that it is easy to prostrate to God without hands and legs, it only needs heart's longing which they are far from. Like the blind people they are searching for night in the middle of the day. He, who has to know, knows and does what the truth commands. Friends are worshiping the lord by dancing in the sky and playing Daf (a Persian frame drum used in celebrations and spiritual ceremonies) in a trance like celebration.*

*An intoxicated group of lovers are grateful for the divine wine.*

How beautiful is this law, how great it is and what a magical meaning it carries in itself! Yes, past attributes don't apply to human being because he is continuously changing. This valley or law or path is like a sharp sword; it simultaneously warns and gives hope, it refers to both falling and rising, it is life and death at the same time and generally it demonstrates the beneficence and generosity of the supreme power in the path of mankind. It leaves the lines of free will beautifully in the hands of man so that he would draw up his life as he so desires and makes him fathom that at the end of each stage there is a new beginning. All people are capable of changing regardless of where they are and what attributes they carry with themselves, even the worst sinners, the ones that have committed horrific crimes.

No one has to carry and keep all the cruel and horrible attributes of one's self eternally. Nobody has to remain in hell forever; even if someone is at the lowest levels of hell he has free will and can mend his ways so that lord's mercy is bestowed upon him, the path to salvation is always open. On the contrary if we are on the highest level of heaven and our virtues regress to vices, then we will crash down to the lowest levels of hell. That's because everything in the universe and beyond is constantly changing and nothing is permanent, we are continuously flowing and we don't stay the same. The journey of evolution and life consist of three stages; **conversion, transformation and redemption**; from one realm of creation to another, from the heavens to earth and from the earth to heavens and vice versa; or from one

heaven to another heaven or from one earth to another and vice versa.

Until where? Until the nowhere land which cannot be shown on a compass, until eternity which has another eternity in pursuit and if we want to know exactly, until the end of numbers, until where we have diverged from and once again into another journey since we are always one with existence. What for?

In order to be, to exist, to live, for existence, time, space, abode, epoch because the biggest miracle of life is life itself. Being immersed in life, observing it and all the beings in it, joy and sadness, happiness and sorrow, love, loss and gain and all in all the summation of the opposites. Because there is a delicate point in here, unless you know hatred you cannot grasp the meaning of love. Therefore everyone must live in the present and present consists of three dimensions; space, location and time. When the life span of a being is finished, it loses these dimensions of time, space and location and gets transported to the beyond.

The ancient philosophers believed that the four elements of water, wind, earth and fire have brought the creation into existence. Regardless of this being right or wrong, there are three main components that not only give meaning to the solar system or galaxies, but also they play a key role in the structures of other universes and dimensions of after death and their connection, without these three components

existence and non-existence would be incomprehensible. These three components are **light, sound, and sense.**

**Light** commands in our realm of existence and in other realms, and it is mentioned in the holy book that God is the light of the earth and skies and without light, life cannot exist in our planet. How beautiful is the shining of colorful rays of light and what magnificent display of glamour is the color of sunrise, it is as if it talks to us and says “oh, you that have escaped from yourself and your hometown, come back to your home or body and know that life has begun so that you learn at the moment, as the moment is school, recovery and life.”

**Sound** transmits the information of planet earth and other realms of existence and the communications between them like the telecommunications office. When musical notes are organized harmonically, what everlasting pieces are created. Voices are constantly transmitting information, voices of human beings, Russian, French, English, Persian, sounds of drums, bombs, lions and the sound of a flute. What do they tell us, humans? Where do they take us? Where does the intellect fly to? It can fly to a destination where one cannot imagine.

**Sense:** sense is like the Lord present in the entire creation, existence and non-existence but it is invisible, and just like its name it is sensible. In other words sense is the first power that enables the intellect to function or through our senses we and all the other creatures perceive the world around us.

We communicate with our senses and receive or send light or sound messages through it. When sense is working well, we feel an indescribable joy and happiness, a feeling of friendship, a feeling of love, a feeling of serving other humans and all of creation and it displays servitude with free will in a majestic manner. If through purification and refinement we are able to strengthen our out of the body sense, and pass through the gates of our five internal senses, then we can perceive the sense of divine inspiration, the sense of heavenly choirs, celestial voices, dancing in the skies, companionship of the honorable residents and the sense of hearing God's voice talking to Moses about the sacred land. That's right, even hearing God's voice...! Unfortunately and sadly, the attributes of some of us have changed tremendously and our negative and destructive sense has become very powerful and we are drowning in our own pool of ignorance and stupidity. We have compromised our honor and dignity for material possessions and power like property and title, we cannot recognize all these beauty and greatness and instead we preoccupy ourselves with hatred, vengeance, jealousy, hypocrisy, selfishness..... we have transformed our world into a living hell and turned that hell into ourselves and like an ugly octopus, we have placed ourselves into our own terrifying claws and every day we exert more pressure on ourselves until we are completely crushed. At that time we ask what the purpose of life is. Why have we been created? We didn't want to be born in the first place and so on and these are the questions that have always been around and will be so in the future.

Anyways these three components of light, sound and sense are the instruments that God has provided for the humans in order to see, hear and feel. Vision is the location of light, hearing is the location of sound and heart is the location of focal sense and emotions. Of course we don't mean only the light, the sound and the sense that we can perceive, rather their range are so much more than what we can comprehend.

An important point is that light and sound under certain conditions, can be both destructive and constructive and although God is the supreme light and superempirical but there are impure and destructive lights and sounds lower on the hierarchies which are very active and also hard to imagine.

Now it might be asked that what connection these matters have with past attributes of human being. We are saying that destructive sounds and lights are always active and are constantly sending negative messages and infusing distractions and vices, and we are not able to change them. Since we are a good prey for them, what can we do so that we don't become their prey? We can only alter the wavelength of our receivers, transmitters and attributes in order to escape their bombardment of distractions, and furthermore we can't change our past attributes unless our feelings change. It must be mentioned that every receiver can also be a transmitter; if we attract vices then we will naturally transmit them and vice versa, if we attract beauties and goodness than we shall distribute them and this would

be the attribute of receiver and transmitter. There is only one way to change the past attributes or the feeling in the direction of the virtues and that is through self purification or refinement.

The first step in purification is contemplation, and a healthy contemplation brings about a strong faith, and faith is nothing but manifestation of God's light in human being, and a strong faith is the source of decent acts or deeds, and from a decent deed a healthy sense is born, and a healthy sense gives birth to a sane intellect and ultimately a sane intellect displays its pure love and at that time past attributes will change. Of course there are two main, fundamental steps that gradually bring about progress and leap in the above mentioned concepts, and they are proper education or training and useful experiences. Experiences that spring forth from decent deeds are particularly joyous and delightful and experiences that lead to defeats or failures should cause reexamining in thought, word and deed and it shouldn't cause despair and hopelessness.

It is necessary to give an example here, imagine a substance abuser with the attribute of addiction who attends an orientation session as a guest in a treatment centre, while observing the rehabilitated individuals in the workshops; he contemplates about the journey ahead. If he believes in the path then he will enter the action phase which is harm reduction and as soon as he follows a treatment program (decent deed) his feeling changes. With the alteration in the feeling, intellect enters into the arena and kingdom is within

reach and at that time intellect calls out to love, and love for redemption or rehabilitation or freedom grows in his heart. This chain of actions from contemplation to love keeps repeating itself till the day the person is freed from the prison of addiction( notice the first valley is contemplation and the fourteenth valley is love and affection).

Pure love is a phase in which you love the whole creation, the mountains, cliffs, trees, animals, rain, humans..... because you will realize that all creation is for you and you are for all creation and you have no meaning without them. For example your whole being is made up of earth and you are on a planet that is revolving in the space. Without its existence, you cannot exist, therefore you will love the earth and you will also respect it. From a bad person you will learn that vices are hideous and he is your teacher, thus you love your teacher.

When you attain pure love you will know that all the sins and vices of human beings are rooted in ignorance and lack of knowledge or their shortcomings, and you'll sympathize with them, you'll pray for them, because of their ignorance they are facilitating their own destructions. Then depending on the circumstances you either forgive or you respond to the cruelty, you must decide whether to take an eye for an eye or to take a life for a life, and sometimes you decide to forgive since God is the all forgiving and merciful, He is the all powerful, omniscient, omnipresent and all mighty. Of course it must be mentioned that love appears gradually and one should not expect love to exist suddenly, if love comes about

very quickly then it is the surge of sensation and excitement. If this surge of emotion transforms into common sense, then it will be pure love otherwise it will diminish. A pure love never results in hatred but an imaginary love which we name it “intoxicants infatuation” and is created from sensation and excitement, could result in hatred. Let’s not forget that pure love is sensation and excitement as well but of another kind.

## The Eleventh Valley

*All the roaring rivers and gushing springs will ultimately reach the sea and ocean.*

*At the time when light was pregnant with darkness, Satan disobeyed the divine command, and it was as if a dark, black spot was born from the lights. It slowly began marching towards the bright universe in order to expand darkness and obscurity and prove its domination over humans to the Supreme Power.*

*The fallen angel gathered its disciples in the placeless and said” the human being has been given an attribute that we lack and in order for us to prove our supremacy and*

*competence over him, we must deviate him from his ascendant journey using inspiration and infusion. We can only propel him towards vices and immoral behaviors using inspiration and infusion or in other words we can only invite him since his free will must be respected.”*

*“You can be sure that many humans will join our colony because human being is a creature with two attributes, virtue and vice. They are beings who are greedy, ungrateful, obnoxious and infidel except for a few of them who do the righteous act and spread the message of love and peace.”*

*Since humans have been given a material domain or an earthly body, the most important subject in this material world is*

*matter and note that a warning has also been issued to humanity about this:*

*“If you dominate matter and control it, then you have almost defeated the dark forces, however if matter dominates you and fully conquers you, then you will definitely be defeated. Getting down from a horse is as important as getting on the horse.”*

*The commander of the dark forces continued on like this: “humans are learning and living by the tenacious laws that have been announced from the supreme power. Annihilation of these laws is impossible, but twisting and distorting them is doable. Moderation is the law but intemperance and overindulgence is our wish.”*

The assault started; outflow of lies, hatred, jealousy, betrayal, fear and anxiety begun thriving. Gluttony, immorality, reproduction, accumulation of wealth, invasion of properties and lands, oppressions, wars and bloodshed by humans heightened. It was as if heavenly doors of divine inspirations had been closed due to humanity's rebellion and disobedience and also infiltration of the dark forces. The power of destructive forces in the physique became the ruler and in order to lead human being towards their mentality, they prepared instruments of pleasure, fleeting joys and various temporary gratifications.

In those circumstances, descending of virtues and positive inspirations were much less and all creatures especially humans were immensely suffering. Only those who were rich or very wise could survive and without these two qualities one would have lost the game of life. The Conflict was over how to acquire things and not how to use or keep them; it was as if dark forces had rebelled in the domain of God.

At that time, Satan aimed for the most dangerous subject and shot its poisonous arrow which was related to magic, and this seven color magic was none other than (Khamr), a substance that veiled the intellect, and out of them, He introduced a magical, intoxicating substance which was a wild and beautiful flower named puppy that was the most useful and healing medicinal plant, and he said:

“If this plant is in the hands of a skillful sage then it would be healing and life-giving but if it falls into the hands of ordinary

people, it would be apparently seemly and a sweet poison. Distribute it among men, women, the elderly and strong, healthy youths as a quick way to achieve their desires and also as an excuse to be merry, invite them to use this magical substance so that the strongest, wisest and the most beautiful humans turn into the ugliest, weakest and the most coward.”

Satan’s command was carried out and during thousands of years all kinds of intoxicants were developed and became popular like Opium, Hashish, Cocaine ...and Alcohol and they took many people to the deepest points of darkness.

The fallen angel smiled and said: ”carry out the second phase of intoxicants.”

Suddenly out of a group of scientists, an ignorant expert said: ”I’ve discovered a substance from the distillate of Opium which is useful for curing Opium addiction.”, and other ignorant experts believed this and Heroin was invented which is ten times more destructive than opium or any other kind of drug addiction.

Once again the commander of dark forces smiled and said: ”the third stage.”

Then some ignorant scientists began the production and distribution of all kinds of pills and chemical substances like Crack and Crystal Meth which are hundred times more harmful than Opium and Heroin and there was no longer the

need for agricultural land as it was possible to produce these drugs anywhere in a short time.

Anyways, even if we take this matter to be an undisputed fact, still the Truth is somewhere else and something else and has another purpose. Because God is omniscient and almighty and takes the necessary measures, he has created the destructive forces and wicked humans in order to complement the creation so that humans can attain a sound intellect along with a perfect understanding and know what is the right or wrong action and have the ability to carry out the righteous deed.

Therefore to exit the darkness, we have only one way and that is holding onto the divine thread, and the principal of this divine thread is respecting and carrying out God's laws and commands and these laws and commands are in a way that, from the most primitive to the very modern people, atheists and very religious, all accept and agree upon as these commandments are very reasonable and logical.

What do these commandments say?

**Don't lie, don't steal, don't be selfish, don't take or give bribes, don't judge others, don't find fault with others, don't be grumpy, don't do vices, don't do drugs and alcohol, don't break a promise, don't betray, believe in justice, be kind to others, help those in need and always contemplate.**

Now, if every individual in any religion carry out all their religious ceremonies and worships completely but do not

respect and carry out these universal commandments, then they are irreligious and followers of Satan.

Thus carrying out these commandments brings about a certain condition for a human being to live an ideal life.

We have put behind us ten valleys which are adopted from these universal commandments and they enable us to come out of darkness and move towards light.

**First valley: structures begin with contemplation, without contemplation whatever that exist will decline and Tenth valley: human being's past attributes don't remain the same because he is constantly changing** and in the tenth valley we have learned that there's only one way to change and that is through self purification and refinement. To carry out this mission we need a sound mind, a strong faith, a decent deed, a healthy sense, a sane intellect and an unconditional love together with training and useful experiences in due time.

**The eleventh valley: all roaring rivers and gushing springs will reach the sea and ocean.** If we have carried out the instructions given to us from the previous valleys or are implementing them currently, then we will certainly turn into roaring rivers and gushing springs, and even if our glass is still empty or half full in the beginning of the valley, with our efforts, determination and necessary purification, it will become full.

Now in order to clarify the reason and conditions of a human becoming a gushing spring, we will examine the nature's gushing springs as a sample.

Once a natural spring's geographical position is unlimbered, it must have two characteristics:

1- Water reservoir

2- Difference of height or difference of reservoir potential with the spring's ostiary in order to create or provide the necessary energy and pressure for the water to gush out of the spring

Therefore a human being like water needs two characteristics in order to turn into a gushing spring:

1- Authentic information resources on the path to wisdom

2- Difference of internal and external potential to obtain energy

We have discussed enough about the first characteristic specifically in the first and second volume of the world view booklet, but the second characteristics need a little explanation.

Potential energy is related to the difference of height, if we lift up a stone from the surface of earth, energy gets stored up in it, if we release the stone it will crash onto the earth and its energy gets discharged.

That's why water storages are placed high above the ground because potential energy is gathered and water goes out of the pipes with pressure.

Potential energy could also be explained for human being because he extremely needs it. If human being ascends and transforms his position towards virtues internally and externally, it creates energy in him like someone who gets accepted in university or winning a competition or a kid who receives a bicycle or a substance abuser who is cured.

This issue is one of the masterpieces of obtaining energy for human being who receives his reward immediately after doing a good deed, for example an individual, who tapers his drugs from 5 grams per day to 4 grams, receives a potential energy equivalent to that one gram reduction and this energy gives him strength and self confidence. However, after 21 days the reserved energy is finished and another reduction is due, for example tapering to 3 grams so that energy is gathered once again, but if he goes back to 5 grams again, then the potential difference is lost and depression or sadness returns once again. Another situation could be when someone is part of congress60 or another organization and he has not been given any responsibilities, so he is an ordinary person. As soon as he is given a small responsibility, his position changes from inaction, which causes a difference in potential internally and externally and this condition continues from small responsibilities to important tasks and duties, this is the reason for the saying in congress60 that anyone who serves voluntarily feels real good afterwards.

Volunteer work or service means transforming the position, even if the work is sweeping or mopping the floor because others respect him as the work is done voluntarily.

Therefore in order to be a gushing spring, one must constantly create a potential difference so that the needed energy can be obtained.

As we mentioned before, potential energy is gained when there is a change in the position or scientifically speaking, when there is a change in height. If this change of position is towards virtues, then it is ascending, and it creates positive energy which in turn brings joy and bliss. However if it is towards vices like using drugs, stealing, hurting others..., then it is descending and negative energy is gained and it creates a temporary joy together with stress, anxiety and depression. It is true that we call this energy negative, but energy is energy and because this energy eventually destroys the individual we call it negative energy just like a hand grenade which at first shatters its own layer before destroying others around him. The conclusion is that negative energy ultimately leads the humans astray.

Negative energy is usually gained through harming ourselves or others or in other words through stealing. For example someone who steals the properties of other people or abuses the rights of others or gains his energy through abusing drugs and etc.

Therefore anybody whether with a plan or without a plan, with intellect or without intellect, with love or without love, with faith or without faith, with contemplation or without contemplation and with inner sense or outer sense, however small, acts like a well spring, and this subject is related to the standings and desires of the self of the individual. Someone is like a dried up spring and another is like a spring with fresh, clean water and someone else is like a spring with dirty, poisonous water.

Therefore creation has deemed it necessary for the dark forces to exist as a complementary factor in order to create potential energy and every person or every self has complete free will to choose, ugliness or beauty, good or evil, truth or illusion, humiliation or honor, fear or braveness, love or hatred and finally hell or heaven. Therefore it is as if the fundamental law of creation is simply stating:

Those who are constantly giving to charities or at least pay their alms from what they gain materially or spiritually, are like a clean, fresh spring full of energy and joy, and those who pay nothing from their income to charities and want everything for themselves or their families are like a sand desert that has no plant in it and always fear the desert storm because they have not planted anything to protect them from the storm.

Humans have a hierarchy of wisdom and we must continuously increase our internal resources of conserved energy through knowledge, awareness and following the

commandments, and by being steady and active, we can create the necessary energy in order to be transformed into a gushing spring.

Now we return to roaring rivers. Unlike the spring which is stationary, its water resources must be flowing and after traversing long distances and crossing over impassable regions like mountains, valleys and deserts and piercing through them, it reaches the sea and ocean. If the spring doesn't have enough force and the required kinetic energy, then it will turn into a swamp along its path.

Human being is exactly the same. He must be constantly receiving and updating information and at no time should learning and education cease and through proper implementations energy must be gained so that he can continue on the right path and a better life can be achieved. Human's body is stationary like the spring but his intellect, psyche, spirit and the impressions left by him are constantly in motion and flight.

A roaring river knows that there are many huge obstacles and difficulties on its path, but it is not afraid at all and with much effort and determination, it passes through high mountains and deep valleys and pushes aside stones or circles around them to continue on its path. Human being should also know that the path is not smooth at all and two factors are very important, desire and a reasonable contemplation. Having these factors in mind, one should remember that with a determined move, sane intellect,

healthy sense and love, one can fill up an empty or half full spring of his existence and continue on the path and respect living.

Humans who live a monotonous life and their days are like one another and make no effort to change them and do not leave anything of themselves behind and don't follow any training , in fact don't obtain the required energy, in other words, these impressions and leaps are the causes of making one full of energy.

# The Twelfth Valley

*In the end, the first command is carried out.*

Moments before Satan's disobedience of the command and when everything was ready for a great divergence, the Supreme Power commanded that heaven's residents gather. In that large gathering, the Supreme Power declared: I have appointed a successor on earth.

**Residents:** who? And what kind of authority does he have?

**Supreme power:** Human being with complete control over his destiny.

**Residents:** since we have always been worshiping you and constantly remembering your purity and almightiness, will you place someone there who would commit bloodshed, corruption and destruction?

**Supreme power:** I know what you all don't know.

Thereafter He taught Adam all the knowledge.

Then he told the residents to report everything that Adam knows.

**Residents:** we know of nothing but the knowledge that you have taught us.

The Supreme Power told the successor to inform the residents of the knowledge and also reminded the residents to ask the successor about all that they don't know. Suddenly a clamor reverberated amongst the residents of the heavens.

**Residents:** what kind of a creation is human being?

**Successor:** human, is a creation whose hidden attributes like yours are made up of fire, but his physical appearance on this earth began like this, in the beginning the supreme power condensed the waves and created a universe which includes all the planets, stars and other galaxies which are infinite and from particles like calcium, potassium, phosphorus, copper, iron,... that make up this universe, he designated a city for the human being called the physical body and in a special process, I too was sent down to this universe and for a limited and in a way, indefinite time period, made to reside in this city or physical body.

**Residents:** how did this universe come into existence?

**Successor:** as far as vibrations or wavelength are considered, this universe is completely different from the universe that you live in, that's why residents of the earth are not easily able to comprehend your universes. In order to create this universe, the supreme power inspired love in every particle and wave. Because of the amazing power of love, some of these waves got closer to each other and became more

condensed and the primary nucleus of this universe was created, thereafter He planted that nucleus like a tree in your universe, just like planting a walnut which if under optimum conditions and existence of other forces on earth in due process, produces millions of walnuts.

With the plantation of the primary nucleus, forces of alteration and transformation automatically begin working and just like how the seed of a walnut tree split open under the ground, the universe's primary nucleus split open as well and our universe was born and after millions and millions of alterations and transformations, it has reached the point that it is today and one day it will perish and will be redeemed to its original form which means returning to the waves. However an important point is that the waves which created the universe and the waves which come from the destruction of it, are the same in nature but different in knowledge and awareness as these two aspects remain at that original point.

Considering that the raw materials which are used in creating the universe for humans have been taken from your present universe, it is impossible for both of you to comprehend this.

**Residents:** what kind of characteristics do you have as a human?

**Successor:** we have learned the knowledge and it is inside of us, and also most of the supreme power's attributes have been placed in us in small magnitudes and with training and experience, we must find them in ourselves. We have perfect

free will to determine our own destiny in order to arrive at a stage where we can recognize the right path from the wrong. If we move towards the virtues then we will attain comfort, peace, joy and happiness, however if we turn to vices we'll be guided towards suffering, anxiety, fear, hardship and humiliation.

**Residents:** don't you think there is the possibility of bloodshed, destruction and crimes because you possess this knowledge, free will and attributes?

**Successor:** yes, you are right, especially when we are in this earthly body we don't remember all the information or memories from the past including the pact we made with the supreme power and also this gathering, but they are present in our unconscious or the archive and we are affected by them. At a time when a human being attains a high status of knowledge and awareness and the necessary capacity, then he is able to access the past information of his archive or unconscious, and at that time he will realize how the entire universe and all the other universes are placed inside of the human being.

The possibility of all kinds of bloodshed, corruptions, oppressions and injustices are definitely there, but know very well that the supreme power taught me that... (A silence follows).

**Residents:** what did the Supreme Power teach?

**Successor:** he taught that; **in the end, the first command is carried out.**

**Residents:** **in the end, the first command is carried out!**  
What does this sentence mean?

**Successor:** in order to achieve goals on earth, we must consider time, meaning any wish or command could be carried out within a specific period of time. If your goal is to produce rice, you won't immediately obtain it; you should plant the seed first and care for it, so that in the end after harvesting we can obtain rice. Therefore we should just observe the events so that we get close to the end of the creation's story of human beings when the conclusion is known.

**Residents:** can you define time in your universe?

**Successor:** nothing in this material world is stagnant. As it was mentioned before, out of the condensation of the waves, this universe was created, since these waves were dynamic, the place that was created from them was also dynamic, and the location that became the domain of this dynamic place was called **space**, from the combination of the dynamic place and space, **time** was born which was calculable. Of course you are not able to comprehend time and its miracle since you live in the timeless universe except when you are placed in a physical body destined for that domicile.

**Residents:** what is the miracle of time?

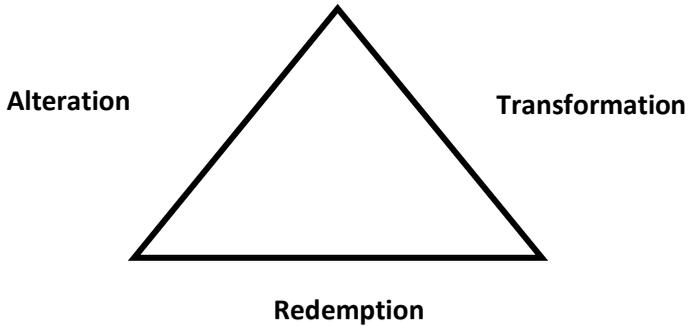
**Successor:** it is the miracle of time that made it possible for the waves to change their essence during a time period and out of their existence, gases, liquids and solids emerge, plants come into existence and grow in diversity so that animals and then human in a physical body come into life and multiply and enjoy the value of living and life and go through a valuable earthly training. Therefore we are waiting so that eventually the first command is carried out.

Thus, creation and individual, both must successfully pass through time in order to achieve the optimum results and there is no way to eliminate time unless we exit the dimension of time, and in order to arrive at the final result or redemption stage, we must pass through the stages of alteration and transformation. Of course, forces of infusion, revival and motion which guide us towards our desired results are available on earth.

**Residents:** please explain the three stages of alteration, transformation and redemption.

**Successor:** these three are the most important, fundamental and decisive stages for the implementation of the law “**in the end, the first command is carried out**” that not only have a crucial role in the structures of the physical aspects of the universe like gases, liquids, solids, plants, animals and humans, but also in the hidden aspects as well like the intellect, mind, speech, behavior and deed of the human being so that an ignorant human is transformed into a wise individual.

If alteration, transformation and redemption didn't take place in this cosmos, then existence would have come to a halt and it would have been destroyed immediately.



**Alteration:**

For example when a sperm mixes with an egg in the woman's womb, certain alterations immediately take place and after nine months, these alterations take shape in that period of time and transforms into an infant, and when the transformation is complete then the procedure of redemption takes place and the infant is born and just like this we can observe alterations and transformations in the cultivation and harvest of wheat or a tree or many other examples or samples.

Furthermore, the forces of infusion, revival and motion come into action as well and assist transformations and alterations,

because without their assistance, no alteration or transformation takes place.

**Residents:** how could an ignorant human become a wise human through alteration?

**Successor:** in addition to free will, humans have another attribute as well and alterations must take place in that attribute in order to be transformed.

**Residents:** what is that attribute?

**Successor:** humans have two halves; one half is from the heaven, pure and superempirical and the other half is from the material (lower) world; like predators or sometimes even wilder.

In the path of evolution, this lower half which could be named darkness must be transformed into light and this important task could only be done by obtaining knowledge, wisdom, awareness and experience. We should know very well that no transformation can happen unless alterations gradually take place and every change must take its own time; thus time is needed for changes to occur in the human's attributes. For example, we can't make someone literate instantly or a liar cannot be transformed into an honest person in an instant, or an immoral person into a principled, or a substance abuser cannot be changed into a healthy individual in a week. In order to change all these vices, specific time is needed similar to the basic changes in a

substance abuser in the physique, psyche and worldview that requires at least ten months.

Of course with the awakening of intellect in the substance abuser, the forces of infusion, revival and motion start their role immediately, providing the addict can overcome the deterrent and destructive forces.

**Residents:** the more you explain the more questions we have. Please explain about the deterrent and destructive forces?

**Successor:** along with the creation of human being, there will be an enormous divergence in the heavens and earth and lights will give birth to its child of\* darkness and one of the high ranking commanders will disobey the supreme power's command, basically the forces will be divided into two groups of light and darkness and they both will be equally powerful. Forces of darkness that commit vices and corruption like the liars, oppressors, corrupt and wicked individuals, traitors...

Whether they wanted it or not, substance abusers and alcoholics have come under the banner of the dark or deterrent and destructive forces. Forces that do valuable deeds like honest, virtuous, righteous people... individuals who serve humanity belong to the forces of light.

These two forces are battling each other and are training and increasing their troops constantly, in this world and in the extraterrestrial. Part of this enlistment gets done through revelation or infusion, revelation of virtue and infusion of

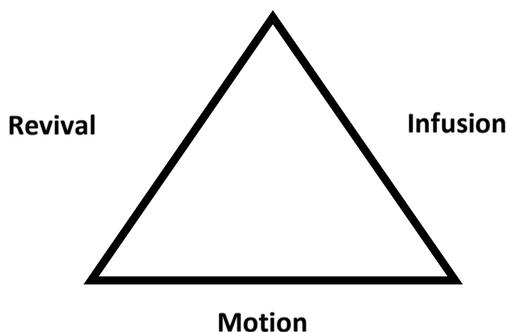
vice and also in another way; when you associate with a negative, immoral individual, he will inspire the negative attributes onto you and vice versa; if you associate with a virtuous person, he will inspire and teach you virtues, that is the reason why we are advised not to approach the wicked tree, it means don't get close to wicked creatures, if we do, we will be guided to the depths of misfortune and suffering.

**Residents:** why does the supreme power allow such a divergence to take place and permit the deterrent and destructive forces to operate?

**Successor:** He himself knows better, but I imagine that deterrent and destructive forces act as a complementary force in the universe. In existence, everything is recognized by its opposite, in other words if there is no death, life can have no meaning and without darkness, what kind of a meaning can light have?

If we look at this issue closer, we can observe that deterrent and destructive forces as a complementary factor, can promote humans; of course we mentioned that there is a battle going on between the forces of light and darkness and a battle is meaningless without bloodshed and casualties and many humans will definitely be destroyed or injured or will go through immense sufferings in this battle; because this hidden and evident battle is much more serious than we imagine. For this reason, human being has been given full authority to choose his own front. To join each front, whether light or darkness, a price must be paid and each

group has its own price; but behind all these latent games, lies an important point which I believe in strongly and that is, whatever the outcome, eventually it will be for the better, that's why the command says: **"in the end, the first command is carried out"** and the supreme power said: **"I know what you don't know"** and I have no doubt in the supreme power's mercy and generosity ; because his promise isn't false and he loves his own creation and he teaches them all that they must know.



**Residents:** you mentioned the three forces of infusion, revival and motion. Could you explain more about them?

### **Infusion**

**Successor:** here infusion means transferring of knowledge and awareness, whether it is negative or positive, whether

direct or indirect. Infusion is constantly active in the creation, every component in creation is interested to infuse or impart his knowledge onto his own kind or gender and a clear example is the training that animals and humans give to their own kind which could be positive or negative.

Infusion even plays a role in solids. For example, when electricity passes through a wire and there is another wire close to it without being connected, the electricity is infused in that wire and this is one of the main principals in generating electricity and electrical devices. Also cellular phones can infuse or create noise or disruption in some electronic systems and standing close to high voltage electrical towers is not recommended as it is the centre of an electromagnetic field or when clay is placed next to a flower, the scent of the flower is infused in the clay and also a substance abuser can infuse addiction onto others. Therefore whenever two behavioral phenomena, either positive or negative are situated next to each other, the stronger one will influence the other. Thus, the force of infusion is extremely active in the transformations and alterations of the creation. Through this characteristic and infusion of positive awareness, mankind can come out of the darkness. **It must be mentioned that whenever an individual decides to come out of the darkness, infusion forces from the heaven and earth immediately come to his rescue and this is a universal law.**

## Revival

The term revival means to give life:

The greatest reviver is the Supreme Power who revives the death. However, in our existential dimension those who are in the dark and are suffering and those who are abusing drugs or alcohol and have completely destroyed themselves or as a result of poverty are homeless, in fact are not any different from the deceased.

Individuals or forces that assist the above mentioned people and cause their alteration and transformation in the heaven or on the earth are called **the revival forces** which act as catalyst to carry out this magnificent process.

## Motion

Motion is the foundation of existence, alteration and transformation. If there was no motion in the creation all the stars will crumble down in a moment and that's why it is said: "stagnancy is not permitted for any being, a human being who lacks action and progress will crumble down like a cliff which is made of clay. **The path is revealed with progress, without progress there would be no alteration and transformation.** When someone is in the depths of darkness and his face is towards the dark, he can face the light providing he contemplates a little and turns his face away from the darkness.

In the beginning he may observe only a sparkle of light, but should he follow in the direction of that sparkle, he can arrive at the source of light. With this move, divine forces from the heaven and earth, immediately come to his rescue. He must begin to march towards alteration and this alteration must be implemented in mentality, speech and behavior. The more alteration that is implemented the more assistance he will receive, until eventually in due time, when these changes reach the necessary stage, transformation is done, thereafter that individual, himself, will be transformed into the divine or positive forces and will be ready to serve humanity.

It must be mentioned that throughout all the stages, various forces will be available for assistance, but the responsibility lies on the individual himself, heavenly hands only infuse ideas and thoughts and implementation is the responsibility of the individual.

**Residents:** do you think we would commit vices or injustices if we travel to the earth?

**Successor:** human being is a kind of creature that fools himself as well. Some people commit the worst vices, corruptions, injustices and mistakes but they justify and beautify their deeds in order to comfort their own conscience. In other words, vices and immoralities are not committed unless they are disguised beautifully as moral or virtues. Therefore in the beginning, darkness appears very attractive, beautiful and reasonable, however in the end; it eventually leads to destruction, corruption and ruin.

That's right, there are no exemptions even for you and if you are dispatched onto the earth and wear the garment of physical body, the possibility of committing all kinds of vices, immoralities and mistakes is definitely there, because the lure of the dark forces is very powerful and attractive. If you do travel to the earth, perhaps one day, you will realize the meaning of **"in the end, the first command is carried out"** not in theory but in action.

**Residents:** how can we travel to the earth?

**Successor:** in order to travel to the earth, two factors are necessary, one is the **desire** and the other is the **Command** or **admission's permit**.

**Residents:** are there punishments for us if we commit wrongdoings during our stay on the earth?

**Successor:** (with a smile) it is a very simple matter; you must learn not to cross the red lines on earth, because crossing the red lines in life naturally brings about such immense sufferings that only God knows!

For example, if you pass the red light while driving, the traffic fine is nothing compared to the damages of a terrifying accident that will eventually happen someday( you still do not know what traffic lights, red light, driving and traffic fine mean).

**Residents:** do you have any advice for us if we do wish to travel to the earth?

**Successor:** on earth, live and let live, do as you would have done unto you, do not cause harm to the plants, animals, other creatures and your fellow human beings, do not pollute the earth and waters, your predecessors cultivated and you consumed, now you must cultivate for posterity to consume, and my last advice for the development of a safe, clean environment for yourselves is; every year plant a tree of any kind, anywhere you go so that you can see a small part of **“in the end, the first command is carried out”** with the growth of the trees that you have planted.

Dears, my time is up. Farewell

At that time, while residents of the heavens happily thanked the successor and bid him farewell, there were some whispers which had begun in a close distant.

### **Conditions of performing the twelfth valley:**

In order to perform the twelfth valley, we must be in our second journey and a year after our rehabilitation date and also carried out the pact of the eighth valley. On June 5<sup>th</sup> or any other date which is designated for tree planting in other countries, we can individually or in a group with other travelers<sup>1</sup> or companions<sup>2</sup>, plant a tree anywhere.

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<sup>1</sup> Traveler: an individual who has begun his or her treatment or has successfully ended the treatment.

<sup>2</sup> Companion: family members or relatives of the traveler

An important point is that we must be able to identify the tree that we have planted in order to take care of it and be able to witness its growth. Therefore we must record the location, kind and date of the planting so that if our tree has withered or been destroyed, we have to plant two trees instead in the next year's tree day, and we have to do this planting every year. Hopefully you will be able to plant 120 trees.

## *The Thirteenth Valley*

*The end of each point is the beginning of a new line.*

*And it is from the pen that its high strides is flowing throughout the universe, as if streams join each other to form roaring rivers and send that content to all people, that content is a collection that form the aims and desires of the humanity and conveys the imagination to image and the image to the structure of the truth and this is the structure that ignorant were and are determined to destroy and the intelligentsia are after building it, but as always “the end of each point is the beginning of another line and it has always been and will be, and now it is the beginning of another line:*

*Streams have begun to flow and they will all meet each other at one point and establish a productive riverbed which will end up in the great ocean and at that time with the divine splendor, they will be dispatched to places where the command is coming from, and once again the Supreme Power displays the majestic of the troops in another way whose command is not of war but of love, to whomever that has light shimmering in his existence and this has neither a beginning nor an end, it will be from the sky onto the earth and from the earth into infinity because “The end of each point is the beginning of another line.”*

While heaven’s residents were happily thanking the successor and bid him farewell, in another corner a murmur began and one of the residents said: I still have some questions.

**Successor:** my time is over, I'm not allowed to speak unless with the Supreme Power's permission.

**Supreme Power:** answer using imagery, because afterwards the oath will be taken.

**Successor:** I'm ready to answer.

**Residents:** you said in order to be transformed, changes must occur gradually, for instance in order for an alcoholic or a substance abuser to become sound and healthy, there must be changes in his physiological, mental and intellectual aspects, otherwise transformation won't take place; however, you didn't explain the difference between transformation and revival.

**Successor:** you are right, note that as soon as one stage is finished, the next stage begins or **“the end of each point is the beginning of another line”**.

Then the successor opened up the fingers of his right hand in a V shape (the victory sign) and told the residents: look in between my fingers so that I can clarify the issue with imagery.

**Projection:** it shows a person standing beside a well trying to send down an empty bucket inside the well with the help of ropes and windlass to bring up some water. (End of the image)

**Successor:** in this image three stages of alteration, and transformation revival is demonstrated.

- a) The alteration stage is the stage where the bucket is gradually getting closer and closer to the water and we can observe this change in the distance between the water and the bucket until the moment when the bucket reaches the water.
- b) The transformation stage is the moment when the empty bucket is afloat and transforms into a bucket full of water.
- c) The revival stage is the stage where the bucket which is filled with water is pulled out of the well with the help of the windlass. You can expand these stages in regards to different topics.

**Residents:** are there any other stages after the revival stage?

**Successor:** as I said, **the end of each point is the beginning of another line** or in other words, whenever a book is finished another one is written or when a traveler arrives at a destination, another traveler begins a journey or when a saint is hanged by the ignorant people, another saint is born and this is the Supreme Power's command. At no stage in the evolutionary stages does a creature sleep, even if the creature is apparently sleeping, it is in the recovery stage and is trying to regain strength from its origin so as to find the right path and carry out the command properly and this is not a story.

As it has been said, nothing is stagnant and everything is always in motion or progress and the only thing which is unchangeable is the **Truth** and the universal laws and commands of the Supreme Power are like the laws of physics and mathematics, unchangeable.

That's right; there are still some more stages for us after revival until the earth's **Separation Day** and after that day there is another **Separation Day** since the **end of each point is the beginning of another line** and it continues on forever.

**Residents:** what is Separation Day?

**Successor:** it means the moment of separation, the moment we step into a new phase from an old phase, like the moment the bucket is lifted off the ground and thrown into the well or the moment the empty bucket is filled with water, or the moment a baby is born or the moment of death, graduation, marriage, addiction, divorce, recovery, cure, prison, employment...

All in all, whenever we reach the end of a point, there exists a moment called Separation Day which is the start of another line.

**Residents:** when and how is the separation day of the earth?

**Successor:** look at the image between my two fingers (the V sign).

And then...

**Projection:** the sun is twisting, the stars are darkened, the sky is split open, the mountains move, the oceans overflow, due to a powerful earthquake, the earth throws out what it has inside. (The end of the projection)

**Successor:** at that time each human being becomes aware of what he or she has prearranged for themselves and this is the Separation Day of the earth.

**Residents:** was there another creation similar to this one before the primary nucleus of the earth was planted?

**Successor:** only the Supreme power knows, but I imagine from the beginning or the planting of the primary nucleus until the destruction of the earth which is called a cycle. Perhaps there have been millions of cycles up to now or there will be many more in the future. In other words, universes are like numbers and just like how after every number there is another number, universes follow the same law.

**Residents:** does each individual's life follow the law of numbers?

**Successor:** yes, all of the existence's information is kept in each and every particle and creature in the universe, whether this information and knowledge is positive or negative, constructive or destructive makes no difference and since creation values these experiences and knowledge, it won't allow their annihilation. Therefore as soon as a creature dies, it awakens in another place and continues its

life and once again if it dies there, it will reappear somewhere else with the attributes of the previous life.

**Residents:** will an alcoholic or a drug abuser awaken in the other world as an alcoholic or a drug abuser after death?

**Successor:** if I want to answer briefly, unfortunately yes, since addiction is an illness of the psyche and spirit, they will awaken as an alcoholic or an addict in the other world. For example, we aren't able to destroy ourselves by committing suicide because we will immediately find ourselves with all our problems in the other world. Unfortunately, I don't have enough time to explain this matter; however, whenever the universal commandments of the Supreme power are not carried out and duties are not done properly, order gets drowned in anarchy and causes distress in addition to false outcomes and we must know that most of the humanity's sufferings are caused by undiscovered sciences and if we veil the light based on lack of awareness and assume that everything is dark, then we can conclude that everything is born only in the world of darkness and we can write that it is not clear what will happen; however, every door has a key or every problem has a solution and we must search to find knowledge and we must know that the most beautiful action is research in the world of science so that we can explore undiscovered knowledge and reduce human's suffering.

**Residents:** you talked about alcohol, drugs and vices which humans will commit and end of each point is the beginning of another line. Now we want to observe the outcome of

committing vices by humans even though we can roughly predict it.

**Successor:** once again look at the projection between my two fingers. (The V sign)

**Projection:** the sky is dark and gloomy, thunderclap has deafened humans, the sky can't hear the painful moans and groans of humans, heaven's doors have been closed, inspirations of Supreme power's forces are experiencing difficulties, Satan's disciples are dancing like wolves and are telling each other: look at the fate of the human being, dark clouds of vices, narcotics and alcohol are colliding with human beings and terrifying thunderbolts are created out of these collisions, a devastating fire is observed, women, men, girls, boys and elderly are falling on the ground from the sheer force of the thunderbolts, while injuries have engulfed their bodies and souls, immense floods are destroying their houses and livelihood on their path and death is imminent, laughter of the dark forces have filled the air and families are screaming internally at their loved ones tombs: why...?

The successor brings down his hand and continues on like this: this is the story of a shepherd who has lost his herd of sheep to the wolves and if the sound of the shepherd's flute is not heard, the numbers of wolves are increased. The shepherd has committed so many vices that straw has covered the holes on his flute and the sound can't be heard at all.

The successor once again lifts his two fingers up in a V sign and says: watch, **the end of each point is the beginning of another line.**

**Projection:** at this time, suddenly a powerful lightning from the infinite depth of the sky pierces through space and time and passes through all the fortresses, strongholds and obstacles built by the destructive forces and reaches the heart of a dark, black point deep in the darkness and immediately, a second and a third lightening strike that same dark point, the black point turns away from darkness towards light and awakens from deep sleep, tears roll down his cheeks and whispers softly and the whisper becomes louder and louder:

*Oh Lord, the valley, the sky and the ocean are covered with heavenly dancers and my restless soul seeks redemption, not from the imprisonment but it desires the beloved's reunion.*

*Oh Lord, I only worship you and only praise you, to carry out this great deed, thanks, thanks, thanks*

Then it starts to move so that it can distance itself from the last of the darkness and at this time, Dafs (drums) begin to play softly and the sound of a trumpet is heard and the black point which is now bright and luminous begins whirling and dancing, heavenly dancers whirl with him, the pen is commanded to write, the bright, luminous point together with heavenly dancers increase their radius in whirling, they transfer what they have to their dark surroundings, they also become bright and luminous, they all begin to **Sema** (a special dance) in white robes until they cross the borders of heaven and earth and on their path, share the wine which they have drunk themselves with those who are in constant pain and sufferings, perhaps they can soothe their injuries and assist them in overcoming difficult challenges.

While some of the residents have tears rolling down their cheeks, the successor continues on like this: anyways the game of life has been designed in this manner by the great Architect, because he has given free will to human being so that he, himself can choose, so that he can learn what he doesn't know, and once he learned he must put the knowledge into practice which is a very difficult thing to do.

***“From Canaan Joseph shall return, whose face***

***A little time was hidden: weep no more\_***

***Oh, weep no more! In sorrow's dwelling-place***

***The roses yet shall spring from the bare floor!***

*And heart bowed down beneath a secret pain\_  
Oh stricken heart! Joy shall return again,  
Peace to the love-tossed brain\_oh, weep no more!  
To-day may pass, to-morrow pass, before  
The turning wheel gives me my heart's desire;  
Heaven's self shall change and turn not evermore  
The universal wheel of Fate in ire.”<sup>1</sup>*

As time passes by, the number of ignorant individuals decreases.

A silence follows.

**Residents:** the end of each point is the beginning of another line, what do you mean by point?

**Successor:** the point is the beginning and end of one cycle and it is a sign that is understandable, they are transformed into a line on the earth and in the sky, points and lines are visible and invisible. Geometrically, point has a location but it doesn't have width, length and height. We can make up a line by connecting two points that have a distance between them or by connecting points that come after each other. Therefore it is as if each and every one of our moves at every

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<sup>1</sup> Taken from the famous book of Hafez, the great Persian poet

moment creates a point which is certainly, the beginning of another line and we are reminded at every point that we have been given a free will to change our destiny if it is not according to our wish or liking. In order to transform the ugly and annoying lines into beautiful and blissful lines, one must contemplate and not fear calamities and put in effort and hard work. Of course, difficulties are always there but we must know how to approach and overcome them. In other words, finding a solution is more important than the problem itself and this problem exists until we develop a tactic to solve our issues instead of creating more problems, then we will realize that all of our sufferings are due to lack of knowledge and thinking. Human being must one day know, realize and understand that under no circumstances, through vices and falsehood can he achieve virtues, it may be possible to gain wealth or power in a short time, but it is impossible to attain peace and comfort, the path of vices and immoralities is made up of ugly lines even if the line is drawn out of gold.

**Residents:** tell us about a few of the lines.

**Successor:** lines of work, hobby, love, sport, alcohol, education, intellect, drugs, money, position... if an individual progresses in only one areas in life and don't pay attention to other areas, he becomes a one-dimensional human, life is in a way that one must refrain from all kinds of over-indulgence or extremisms and always keep moderation in mind, it is in moderation that everything is made and designed, a suitable amount of wind is needed in life but too much wind leads to a storm. There comes a time for those who are eager and

thirsty for water and those who are stagnant can never arrive at their destination.

**Residents:** what is a one-dimensional creature?

**Successor:** let's look at the monkey as an example, it eats well, it performs sexual intercourse, it climbs up trees like a professional, but... look at the projection.

Then the successor makes his two fingers like the V sign and begins.

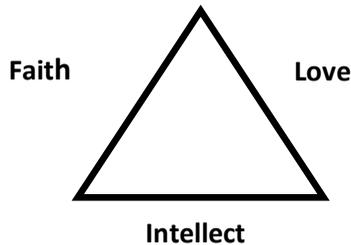
**Projection:** a hunter is making a hole in a tree in the jungle, after he finishes he puts a banana in the hole and hides in an ambush. The hole has a narrow entrance and a wide space inside, a monkey comes along and tries to grab the banana, he forces his hand into the tight entrance and grabs the banana, his fist gets stuck as he is holding on to the banana and he is stuck, he isn't able to think that once he lets go of the banana he can get his hand out of the narrow entrance and save his life, why? Because he is a one-dimensional creature and doesn't have the necessary intelligence and wisdom to analyze the situation, therefore the hunter comes and takes him.

Then the successor brings down his hand and continues on like this: human beings who also get stuck in certain situations and aren't able to resolve the crisis, are one dimensional creatures, like individuals who are addicted to alcohol, drugs or those who are constantly gathering wealth, they follow only one line in life and don't pay attention to

other matters. On the surface it seems they have everything but within, they are empty and lonely and live in their million dollar mansions like the homeless.

**Residents:** you said that human being needs a triangle and if he truly understands its meaning then he would not be alone, what is that triangle?

**Successor:** a one-dimensional human being is like a line and in order to enter into the stage of surface or becoming a two-dimensional human, we need at least three lines so that we can draw up a triangle; one of the most distinguished triangles is the triangle of **intellect, love and faith**.



Of course, most people have this triangle executed in their lives but we take the ideal form as a destination to arrive at. The two dimensional human being lives in peace and comfort and he is a useful member of the society, he loves all people and everyone loves him or her as well. If he is stuck in a critical situation, unlike the monkey, he is able to open his fist and let go of the banana.

An important point that needs contemplation upon is that in order for the lines of intellect, love and faith to grow or become active, there must be a fourth line which is very invisible called the X system. One of the main factors that is the root cause of all kinds of physical and mental diseases is the lack of or imbalance of this invisible line. If the X system is dysfunctional, then the main lines of intellect, love and faith are not able to function properly and vice versa.

**Residents:** can we have a projection about this?

**Successor:** to show the performance of the lines, we show the inside of the human being using two images. First image is about humans who don't have comfort and peace and their lines of love, intellect, faith and X system do not function and it appears as a city in the image. This is the image of the people that want to make a white rug from black wool.

**First projection:** sounds of crying and moaning in a ruined city, there is no drinking water and no civilization, a ruins of the bones belonging to the corpses from the past, poisoned streams are producing a foul smell, the faces of the residents show fear, pain and suffering, their food consist of dried plants with thorns, grass, coca leaves, poppies... these foods neither feed them nor make them fat, the sound of a hideous thunder together with a storm threatens the imminent destruction of the city.

**Second projection:** a vigorous, robust and green city bustling with joy and happiness, a delightful breeze spreads a wonderful scent from the gardens and wild flowers, fresh faces of its residents are beaming with contentment, nightingales are singing songs of freedom and revival in their beautiful flight, all kinds of colorful flowers watch the butterflies dance around them, gushing springs are flowing in this city and they make up four main creeks.

**First creek: Intellect;** streams that resemble pure waters.

**Second creek: Love;** streams that are likened to all kinds of honey.

**Third creek: Faith;** streams that are likened to types of milk with no expiry date.

**Fourth creek:** these streams resemble wines that bring joy and pleasure and its drunkenness is different and the more drunk you get the wiser you become, there is no hang over or headache afterwards.

**Residents:** could you explain about the Intellect streams?

**Successor:** intellect streams or lines are those actions which are reasonable or wise; it means in order to execute them, we must obey the intellect's command and we can do this when we have learned knowledge, justice and decency. In intellect's command, all actions must be pure and clean like water; acts of honesty, kindness, integrity, love, faith... and all deeds that are in accordance with universal values and

commands. If honesty is mixed with deception or lies, it is like polluting pure and clean streams.

**Residents:** how are the lines of love and faith?

**Successor:** I will explain about the streams of Love in the fourteenth valley. I'll just say that love is like an explosion that creates a tunnel through the heart of the mountain so that we can pass through impassable obstacles. About the lines or streams of faith I can say that faith is like fresh milk which quenches thirst and also gives strength and is easy to digest. It is the manifestation of supreme power's light in human beings, in his heart, appearance and feeling, it means believing in one's self, in humanity, in law, in the harmony of the universe and the fact that life is valuable and one must recognize the red lines in life and not cross them.

**Residents:** what is the sign of faith?

**Successor:** someone with faith has a calm, relax and luminous appearance, he or she is always kind and compassionate and it is as if faith brings a sense of security and safety for the individual so that a life full bliss and comfort is a constant companion. Streams of faith are like faith in one's self, in the Supreme power, in nature, in family, in human kind and in helping other fellow human beings in distress. Therefore when there is no faith, it seems there is nothing to keep the individual protected on this planet called the earth that is revolving in an infinite space. That's why the great Persian poet Saadi has said:

*Of One Essence is the Human Race,  
Thusly has Creation put the Base.  
One Limb impacted is sufficient,  
For all others to feel the Mace.  
The Unconcerned with Others' Plight,  
Are but Brutes with Human Face*

When someone has a toothache, all the other parts of his body are restless and in discomfort. The same goes for societies on the global scale, if there are large number of people in pain and suffering, whether we want it or not, it affects the security of the whole in a negative way; therefore if we have faith in ourselves, family and society then this faith will command us to be compassionate towards those in suffering and it is faith that strengthen our relationships with our families and other fellow human beings so that we can live in peace and harmony, now you can call it whatever names that you want.

**Residents:** you haven't explained the X system?

**Successor:** how can I express the greatness of human being's physique? I'm incapable of expressing his power, intelligence and accuracy; because the biggest marvels in the universe when compared to human creation is very insignificant. In human's body, especially in the central nervous system which includes the brain, brain's stem and the spinal cord and the peripheral nervous system which exit from the brain's stem and the spinal cord and also in other parts of the body, there are streams and creeks which produce and provide all kinds

of intoxicating drinks with different tastes and flavors for the body. If these streams and creeks which are inside the body function properly, not only the person has a fresh, healthy body, he also enjoys a mental and spiritual state full of energy which is necessary to draw the beautiful lines of intellect, love and faith, to mention a few we can name three creeks of Endorphin, three creeks of Dynorphin, three creeks of Enkephalin, a Dopamine creek, a Serotonin creek, an Acetylcholine creek, an Opiorphin creek, an Adrenaline creek and etc.

For instance, Dynorphin and Endorphin are ten times stronger than Morphine and if the Dopamine creek is dried out, the person gets Parkinson's disease and if the creek overflows, the person becomes schizophrenic and if the Serotonin creek is dried out, the person becomes depressed and if the Enkephalin creek doesn't function properly, the painkilling system of the body goes out of order and the smallest pain or sickness can cause death and also if the Serotonin, Acetylcholine and Adrenaline creeks don't function properly, the individual won't be able to sleep.

Anyways the human body is designed in a way that if he crosses the red lines in his life span, his own body will repair itself most of the times.

As soon as the creeks of the X system come across a dysfunction, the immune system of the body will face certain difficulties and all kinds of physical, spiritual and mental diseases are created.

In fact; a human being, who has a sane intellect, a strong faith and a pure love, creates a standard in his life in a way that all his X system's creeks are active and healthy; however, an individual who doesn't have these three dimensions faces all kinds of negative thoughts which are rooted in ignorance and they represent themselves as fear, hopelessness, superstition and depression and by using all kinds of destructive pills without a doctor's prescription or alcohol or narcotics; one can damage these vital creeks on a daily bases.

It is ironic to know that in the early days of using these pills, alcohol or narcotics, the person feels that they are strengthening his X system's creeks and he is enjoying a high level of freshness and ecstasy; but eventually, this gain causes the most damage and as time passes by, the systems in charge of producing and directing these creeks in the body, gradually dry out and stop their production. This is due to the fact that these intelligent systems feel that there is a flow of all kinds of intoxicants from outside of the body without any trouble and if the flow of these intoxicants is stopped, all kinds of withdrawal symptoms and illnesses occur. In reality, these external substances have replaced the natural creeks inside the body and their reconstruction can be both difficult and easy!

**Residents:** is it possible that someone's intellect line work properly while the other lines aren't?

**Successor:** this is impossible; because love, faith and the X system are born out of intellect's power and vice versa.

Even if such a person exist, the aspect of intellect in him has been mistaken with being thrifty or economical (meaning he or she is always after their own interest). We are dealing with a person who acts like a computer and lacks all kinds of emotions and in our view he is a one-dimensional creature.

**Residents:** how about love? Can a lover lack faith, intellect and the X system?

**Successor:** it seems that this is impossible also; because intellect, faith and the X system are born out of love's power and vice versa. Even if such a person exists, love has been mistaken for infatuation in him. A lover who lacks faith and intellect is in complete delusion.

**Residents:** how about faith?

**Successor:** this is also impossible; because intellect, love and the X system are born out of faith's power and vice versa. Even if such a person exists, faith in him has been mistaken with bigotry and fanaticism. How can someone have faith but lack intellect, love and the X system?

**Residents:** thus the X system can't have any suitable output without love, intellect and faith.

**Successor:** yes, you are right; it is as if the Supreme Power or the creation which is based on justice, life's conditions, the

human's selves or their good or bad actions, by controlling the X system, places them under a special mental, physical and spiritual circumstances.

In other words; obeying the universal wisdom and commandments and doing virtues strengthen the X system and in doing so the person is in a heavenly state and committing vices and disobedience of the universal commandments places the person in a hellish state and damages the X system; because changes in the X system (hormones and neurotransmitters) results in unconventional behaviors like men acting too feminine and vice versa or wise people acting crazy and vice versa.

Mad people act like wise, the cowards behave bravely and the braves behave cowardly, the depressed display joyous behavior and the happy people behave like the depressed...and eventually, the addicts display the behaviors of healthy people and healthy people act like the addicts.

Based on the wisdom of the Supreme Power and the previous records, some humans at birth have genes which have certain characteristics or shortcomings concerning the X system's creeks and streams. These humans within their life span are able to repair and reconstruct their X systems; of course they must find the right way to do so. Just remember, **knowledge is not sophisticated, every door has a key.**

**Residents:** we are grateful for your explanations, there is saying that a wise man never falls in love; in other words

intellect or wisdom is the opposite of love, what is your opinion?

**Successor:** love generally means the highest level of liking and affection towards the whole of creation and all the creatures, it is based on awareness and in a particular meaning love means the highest level of liking and affection towards a subject or an individual, also with awareness.

Now tell me how can someone fall in love based on ignorance and unawareness? If you fall in love in this way, you must know that it's not love; but it's something else.

Some have put love against intellect or intellect against faith or faith against love; whereas these three components not only are not against each other, but they complement one another and together they form a triangle which brings us peace, comfort and bliss and guides us to the place where we have diverged from. In order to better understand this analogy, we can liken intellect to the brain, love to the heart, faith to the lungs and the X system to blood circulation, then we can realize that each one of them have their own importance and location and they complement and support one another. Eventually;

**The wiser one is, the more love one has,**

**The more love one has, the stronger his faith is,**

**The stronger faith one has, the wiser one is.**

My time is almost finished.

**Residents:** thank you; please explain the three-dimensional human being.

**Successor:** I'm not able to explain this, there must be more awareness and understanding between us otherwise you might think of me as mad, leave me alone!

**Residents:** just say a little.

**Successor:** I will say only a little and mention certain things briefly and in reality; I'll open the discussion's gateway for evolution, creation, construction and operation. Now if there are some people that know about this or others that don't know and don't accept this, it is of no concern, the important thing is that significant keys are those which can open old locks so that ideas and essences are extracted from the prison of the body and commute in the universe and extraterrestrial and can be of benefit to others. Now we shall explain human being; in general human being comprises of two components:

The apparent attributes and the hidden attributes. In the apparent attributes, in order for him to comprehend the world around him and continuation of life, he needs certain receptors which we refer to them as the five senses or the apparent senses; which include: hearing, vision, smell, taste and touch. All the information, are received by these five senses and are transferred to the intellect where they are analyzed and processed and a command is issued when

necessary. Therefore, sense is the name of the book and intellect is the content or sense is the first force that activates the intellect. If the information that is received is correct, then the intellect can make the right decision or understand the matter properly; otherwise, the intellect is not able to process or comprehend the issue. In other words, only when information is received by the intellect can the human being understand an issue or a topic, whether by his own senses or with the help of tools, reasons and evidence.

About the three-dimensional human being; all the information and inputs are processed by the intellect also; but a point which not many people know is that a three-dimensional human being is aware that his hidden attributes also contain five hidden senses exactly the same as his apparent senses which are called the five external senses. This means that a three-dimensional human being can see but not with the physical eyes, he can hear but not with the physical ears and...

Of course all humans use their hidden or external senses uncontrollably in their sleep, but they don't believe in it themselves. However, the three-dimensional human being uses these external senses with his own free will under special, limited circumstances. In addition, he knows that there exists another sense which is called the eleventh sense and it acts as an interpreter or a medium between the five internal, apparent senses and the five external, hidden senses and the most people recognize this as the sixth sense.

Furthermore, he knows that besides this earthly body, he has six more bodies or figures and each has its own unique wavelength and vibration. Thus, the three-dimensional person is able to cross over the boundaries of time and space with the help of his other bodies and the hidden senses under special circumstances and establish a connection with other universes and obtain the necessary information and awareness. Differently put, he has the assistance of eleven senses and seven bodies to gather information for the intellect comparing with the two-dimensional person who only has one body and five internal senses. In these conditions, the three-dimensional human being is more equipped and has better tools and this is the reason why things that are very clear and understandable for him, are unacceptable and unbelievable for the two-dimensional humans.

**Residents:** if possible, please mention some of the characteristics of the three-dimensional human being.

**Successor:** his intellect, love, faith and the X system has reached the optimum stage.

He loves the creation, the world and all the creatures in it. He never claims to be three-dimensional. He never says that he understands more than the others. He never claims anything unrealistic. He never has weird or strange manners. He doesn't live in strange places or crypts. He lives among humans in the society. He lives very normally because he knows that there are still much more to learn; since the more

you know makes you realize how little you know and he knows very well that **the end of each point is the beginning of another line.**

He knows that there are millions and millions of lines that he hasn't had the chance to begin yet and eventually; he knows, understands and realizes that, **the only thing that exists is love, without it, there are only empty containers.**

Obviously, substance abusers who, in their own imagination, are two, three, four or five dimensional are not included here and this is a sad, sinister joke which ends in a psychiatric ward, prison or suicide.

In the end, remember this, the universe is a resting place where, if one is not under the weight of different concerns, he can travel to the nearby galaxies and witness the creation, the existence, the force, the power and the endless energies like the strings of light; but there must be mental serenity and calmness.

Human being is always after new things. Nothing gets old, it only changes its appearance; like the different color clothing that we wear. Envision the seasons, spring, summer, autumn and fall; nature in its own dimensions, has these kinds of changes.

**Residents:** what is Love? Please explain more.

**Successor:** give me some moments to rest, I'll continue the discussion later; I must ask for assistance from the Supreme Power!

## *The Fourteenth Valley*

*The only thing that exists is Love*

*Without love, there are only empty  
containers*

*This is not my word but the word of  
an individual in the extraterrestrial  
existence*

*That is not easily believed by anyone*

*Unless they know what it means*

*In the infinite realm, put the chariots  
in motion*

*Because the guardians of the heavens  
are in need of the events on earth*

*Pierce that cannot be pierced*

## *Go into the heart of rock and separate the compositions*

When beliefs are blended with real love, one can feel the meaning of love and those who have never been in love are the empty containers.

The residents are standing in lines, while they are awaiting the return of the successor as he is about to return to the podium after a brief interval.

The successor returns to the podium, a silence follows. Some of the residents look at the successor and his companions with eagerness and dismay.

**Successor:** I'm ready.

**Residents:** you were supposed to speak of love and affection.

**Successor:** alright, in the name of the human being who is a drop of the supreme power's ocean, I start the talk. Since the end of each point is the beginning of another line and today is the beginning of another line and the great divergence will take place and the fact that the topic of love is so vast and immense and it contains many mysteries and secrets, three guardian angels accompany me today and each will give a sermon. As always in all the stages, the spirit will assist us with its unique delicateness and inspirations, therefore I ask of all the guardian angels to step up to the podium and give

their sermons accordingly. At this time the first guardian angel takes his place at the podium.

## **The first sermon: the opposites**

**Guardian Angel:** in the name of the Supreme Power, I'm Sardar, a guardian angel.

**Residents:** salute to Sardar. (In ancient Persia, Sardar means a wise General)

**Sardar:** I'm happy that an opportunity has arisen for me to be in your company and speak with you. Therefore, in order to save time, I'll start immediately.

For those who are caught up in vices and are not content in life, there are only two ways. Either they join the forces of truth who seek light and verity or they can wait until the destructive forces, with a great twister, lead them to the depth of darkness.

In order to know how the universe and universes rotate around key points and the place where the pillars are connected to and the details of human being's evolution, its beginning and completion, we must know about the opposites.

In this valley, the opposite forces to light and goodness is focused upon. These opposites are like a momentous force to

awaken humans, they create tumult and chaos so that humans pick up arms and fight the opposite side, because an ignorant individual wants to defend him and others very quickly, but is unaware that the opposite force is ready to create confusion and commotion out of the ignorant individuals in order to achieve its own wishes.

The opposites have a mission to create destructions from the beginning to the end; they invite the creation to commit bloodshed and corruption. However, the more knowledge, training and awareness one has, the less the effects of the opposite and little by little the individual gets closer to peace and bliss and the power of the dark forces is decreased gradually until almost zero and this path is very difficult but reachable.

The waves and that which has been created by Supreme Power's permission in the direction of evolution and all the positive forces whose structures have begun by divine spirit, find each other slowly from long distances and get connected to each other.

Waves of love in the universe also attract each other, meaning humans who have these positive attributes find each other and by grouping, form a line which becomes longer as time goes by and reduces the size of destructive forces.

The stability and continuity of this phenomenon is like pure and clean oceans and rivers being created which serve as the

food and strength of the righteous forces in every part of the world. Then love, this beautiful word, becomes meaningful and everyone will enjoy a positive mentality, hatred and bloodshed become meaningless. They no longer wage wars because of food and shelter and when there is justice, everything is equally available for everyone.

When there is suffering, most of it is healed or even there are no sufferings and this seed that has been planted by righteous training and has not fully grown yet, will multiply into so many until eventually there are vast fields which are self irrigated and their message is peace and this is their sign.

Vital efforts and endeavors will become so powerful like a gushing flood that gradually irrigate even the barren lands and turn them into fertile valleys and at that time the earth will become the great territory of God and you'll witness that which you've observed in nothingness.

Love which is the fourteenth valley will rotate in a way that all the spheres within the human being are a song that makes the listener ecstatic.

When the Supreme Power was transmitting his words, he dispatched all that he created or was creating, to be orchestrated and these sounds are visible in his words, as if he wants to introduce all of his creation through his voice, therefore observe all that he's done and is going to do.

The existence is love and kindness, all creatures are love, even those that appear rough, oceans and seas are love,

mountains and clouds carry love for the creatures and vital rains which we need exudes from them, observe the sounds of all the tuneful birds, green valleys, lakes and the creatures in them, ice like crystals which reflect the divine colors differently and even words aren't able to express it, the air that guarantees us being alive.

Life is beautiful, within and without of nature, spheres that rotate like the butterfly and are not joined to anything, because they are connected to the Supreme Power and are guided by him.

God is love itself, God is kindness itself, God is life itself, God is not rage, God is not hatred, and God is not a murderer. It is him that provides the whole creation for human beings; he has appointed a sun for life and guidance to find the path so that one does not surrender to darkness, to apply what they have within themselves which they cannot see and what is on the outside which they see only a little of and always keep their connection with existence and have unity in heart and speech in order to find eternal peace and salvation and know that

Closed doors will be opened one day like the hearts whose essence is black stone. What you have planted will grow and make all the valleys green, no humans will die of hunger, the move must be made and the steps strengthened. There isn't much distance from being awake until alertness, but we humans, must have patience, for each of us, a new step

means being incorporated with light which is scaled on the forehead of the universe.

My dear ones, my time is up and I will end my speech right here, I thank all of you for listening to me, till next time...

Goodbye!

There after Sardar bows slightly to the residents and leaves the podium to the next guardian angel while the residents are in deep thoughts and staring silently at the guardian.

## **The second sermon: the waves**

**Guardian Angel:** in the name of love's waves which are from Him, greetings, I'm white Eagle, a guardian angel.

**Residents:** greetings to white Eagle.

**White Eagle:** I'm also delighted to have this opportunity to speak to you all. The talk is about love, I must say that the core of the universe and existence is founded on love. I mentioned the core because the human being also has a core which is called the heart. Heart is love's abode and when someone is sad or in love, he puts his hand on his heart. The physical system of the body, intellect and faith take command from the heart as well.

To probe the universe, we need love and kindness.

The waves with their visible or sometimes invisible pull, contain the primary property which land on earth like golden rays and these rays combine with the hidden rays in the galaxies that manifest in every being; due to this combination, the intensity is increased and the application of these forces begin according to a special plan or command.

For example, these forces reach an individual so as to be applied accordingly. The universe is built in this manner since to construct, we need these great forces and this force is love which the Supreme power has used in our creation.

We must realize how important and amazing is this matter and if we expand it, we can observe the work of the work of the omnipotent. What kind of a seed does he need to plant in order to maintain the existence permanently; as a result he needs many commanders to resist the threat of dark forces.

The righteous forces seem to vanish or decline but the kind creator, again and again, returns them to the cycle of life. In other words, he gives them many chances to gain the required knowledge and learn the true meaning of loving and being loved.

These are signs of life and life is manifestation of love. Dying is love and rebirth is love.

**All the things that we discover, learn and transfer in every aspect and field in life, all the researchers, discoverers, teachers, experts, doctors, masters, consultants, social**

**workers, officials... all that we learn and then teach others is love.**

If there was no love in them, who or what could have made them travel the earth, seas and jungles and bear all those hardships in order to serve humanity and future generations.

All these progress have come about voluntarily and not by force, there is a driving force behind them which is the righteous force and we attract and save these golden waves with every part of our being and combine them with positive intellect and then apply them for betterment of humanity.

As you can see, particles of love are commuting all over our body and give us the strength to move and each day that passes by it finds more continuity and as we come and go more and more, we get closer to the centre of the circle and not only we feel closer to other human beings and creatures, we feel one with the trees, the flowing streams, the breeze of the valleys and mountains... we enjoy their company and their presence and we feel the need to safe guard these vital assets of life, plant more trees and take good care of them. Right upon entering, I came across the waves and they also express a kind of love.

Imagine if there was no connection between the creatures, could they be with one another and multiply and communicate? You would definitely say no.

Therefore, the beginning of everything was this great feeling which the Supreme Power placed in our hearts and prepared

us for a long journey. How could we take love which is the foundation of all things for granted?

All that you need to know has been mentioned in the previous valleys and today he wants to record the conclusion in the valley of love so that it's engraved in the hearts and applied in everyday life, in other words, structures are built, rebuilt and repaired and old heart wounds which have come about as a result of cruelties, lack of attention, unintentional disregards and unkindness are healed.

With the movement of the past few years, the foundation has been built on earth and the heavens and with the evolution of mind; you all will know the repercussions. Thus, some of you might have realized the importance of this and others will do so in the future that love means leaving one's self and all that he has given us and flying in the infinite or it means sacrifice with awareness and realizing the existence and the share that each one of us have in it, to give love which is the essence of our being.

Can everyone pay their share according to the savings they have in their essence? To sacrifice for others all the beauty and value that one has in their being.

If someone can make all these sacrifices then he is in love, a universal love which has filled up his or her container. Something like this cannot be found in paradise. When you giveaway, its atmosphere becomes fragrant, bright, beautiful and spruce.

What is more satisfying than the act of loving, to love with one's whole being.

**Love makes the postures upright; it purifies the mind and strengthens human's life for better alternates, it redirects the creative individual to learn all the available knowledge.**

What are we after? We may not know the meaning of it and that's why some of us are still stranded.

Now when we are talking about vices, their nature is not changed, only their proliferation can lead to the destruction of existence and as a result we cannot understand the value of love and its gift to humanity.

Now, what should we do about the misleading forces who are trying to misguide our thoughts? Or the vermin that are after destruction?

Do we increase the number of guardians or do we build higher walls around ourselves? No, it's impossible. We apply the same method that you do which is providing training and education, but you cannot educate vermin, because their job is to destroy, aphids destroy plants and they cannot be educated.

We aren't able to distinguish the nature of human beings prior to training and education; therefore everyone must equally enjoy the benefit of knowledge. However, human beings who are after destruction and vices even though they have received the optimum trainings are strangers to love

and kindness. These individuals should be given plenty of opportunities to make amends and if they still insist on their ways, they must be left alone till a point when their mentalities change for the better.

Eventually, you put the words next to each other, you make the house and you plant the flowers, thus plant and build in a way so that it is impenetrable to destructive forces. It is difficult but doable, my time is up and I shall end my speech with these words: **without love, one cannot talk about love.** I, myself, am a lover and will be forever.  
Farewell!

At this time the White Eagle leaves the podium and the third guardian angel takes his place. The residents are told to ask any questions that they might have from the Successor at an appropriate timing.

### **The third sermon: Love's Chains**

**Guardian:** in the name of the first lover which is Him, greetings everyone, I'm Raad, a guardian angel.

**Residents:** greetings upon you, Raad (in Persian Raad means thunder).

**Raad:** I'm overjoyed by the words of the guardians and seeing you all over here, I've been summoned here today to

speak of love. Thus, I have to go deep within myself and review all my lifetimes, reincarnations and eras and unveil all that happened to me in the infinite, depicting all the ugliness and beauties so that the lips begin to speak.

Love begins with affection, it is boundless and explosive; love is a word with layered meanings, it starts slowly and continues on and gradually the meaning of compassion appears and eventually leads to sincerity.

Daf and flute are musical instruments, but what can they say without a musician?

Of everything and nothing, they must learn the alphabet so that they can write.

Love cannot be described; love is not of body, of touch, of speech or deals and has no boundaries.

Love is not comparable to anything; love is crossing, going and returning and once again going, returning and evolving, love is joining the Supreme Power whom we are all of him. Love is that Supreme Being, constantly with us who has manifested in various forms during countless rotations and we will reach him only when we have become perfect which means becoming him.

Love is neither the body nor the soul.

Love is what we have with us when we come into existence, the core of this existence.

How can we be all these things at some point; to be the Supreme Power when in fact only a drop of his existence has been placed in our being as safekeeping and this very drop makes us a part of his eternal existence and if we become that, then only we become a human being.

To be human means to be grateful to life, creation, creator, it's the meaning of the 14<sup>th</sup> valley. Now tell me if this path is easy, to forgive someone who has done you wrong or leaving one's self on the way to the universe within or flying consciously to the infinite depths of existence.

That's right, it is very difficult indeed but it can be done.

Maybe some are surprised or others are astonished that our universe and other universes distant themselves from darkness, but the book of love can never be closed and these circles while helping the infinite radiuses increase are intertwined with the meaning that they commenced with; its vastness is increased more and more and the destructive forces decline due to love's expansion and the real essence of mankind will be revealed more and more.

Love's chains are strengthened day by day, transmissions in the form of small particles find each other so as to become an army which deter the dark forces and carry out the command.

The alphabets of the valleys which carry the righteous message fly like butterflies on the waves of water and from far distances they reach everyone and pass the torch of love

which is the source of light and guidance to every nation and tribe and this movement is the expression of the event which has to take place.

How can anyone prevent light, sound and sense from being expressed, this is his word which is deep-rooted in love and will pass through different borders and unite with those who yearn for it.

In truth, this word love is the foundation of existence and when in love, with all the calamities, one can learn what he was, is and will be in the future.

I'm truly sorry because I haven't been able to teach the real meaning of love to others, but I'm not sad as the universe is on the move and chooses that which has to remain in this circle of love.

This theme is so magnificent that for thousands of years we come following each other and tolerate all the hardships in order to pass a drop of this vast ocean to each other.

How fortunate is he who gives and does not wait for the return just like the Supreme Power who only observes, it is indeed very valuable to give and not take back unless there is ingratitude.

When the creature (human being) is on the right path, the Supreme Power will make his every step into a bed of roses where with the smallest breeze, wonderful fragrance fills the air, feels heaven with all his being and flies together with the

existence; his eyes observe even in sleep and enjoy visiting the other divine phenomena.

Darkness and obscurity is meaningless to him, he bows down to creation at every moment and is grateful to the creator of love. These words might be laughable at the moment.

The lover and what is within him, is the only investment in the world where generosity increases the capital, at that time you all can see that in depth of love means arriving at the truth which is monotheism.

Friends, since my time is up, I only have something to say to he who writes and he knows it himself, if you want to write, write with power and know that from within, with more generosity you can command the pen and since your pen carries your command, it'll be like a sharp sword upon the thirsty hearts, instead of tearing apart it will quench their thirst and from that a universe shall turn into a garden and you know very well that being real has no lesson.

Farewell!

At this time Raad leaves the podium and together with the other guardians and the Spirit leaves the meeting and then the successor returns to the podium. The residents are in deep contemplation and aren't sure how to react to the events that just took place.

**Successor:** greetings, I think this would be the last meeting between us where I answer your questions and thereafter we must part ways to carry out our missions. I'm not sure where and when would be our next gathering, because only the Supreme Power knows that, therefore I shall continue my discussion on love as I had promised before.

What can I say about love? One of its meanings is longing for union and union is the key to gather the creation and all the creatures around each other and creating life and this is the power of love which has mobilized the creation in its visible and hidden attributes. Love is so vital that life without it is stagnant and death, silent.

Supreme Power is all love and existence is all love. Love does not distinguish between king and beggar, beautiful and ugly, atheist and faithful, black and white, educated and illiterate...love knows no boundaries.

Existence is floating in the infinite ocean of love, it is as if love is a container that has the whole existence in it and prevents it from separation.

Love's waves are everywhere; just extend your hand, but a hand free from hatred, jealousy, revenge and vengeance, love is in your hands.

You can reject love if you want, but love will never reject you as everyone is immersed in love.

The water that we drink, the food that we eat and the air that we breathe have been provided for us due to love's command.

What else can I say about love? Love has accepted the opposites with open arms and on the path of evolution, has manifested itself in various forms so that life would be sweet and eternal.

Love is the flower and its thorn, union and separation, fire and light, fire and ashes, kindness and rage, despair and hope, yearning and anxiety, amazement and joy and sometimes its blood and sword and eventually it is the pain and the remedy.

What more I can say, love appears to be burning, not to become ashes but to become light, to understand, to live and to love.

Sometimes love is like walking on hot, burning stones, however, when you are in love these molten rocks turn into soft, delicate leaves under your feet. Due to the power of love you will feel the burning effect of fire in another way and this is the magic of the great architect, love.

What more I can say of love, when the Supreme Power was overflowing with love and affection, in order to display his love, he commanded love's waves to be positioned in the hearts of every particle and then in the most magnificent manner he attempted to create the universes and creatures to manifest his self.

**Residents:** why did the Supreme Power decide to create the universes and creatures to express his love?

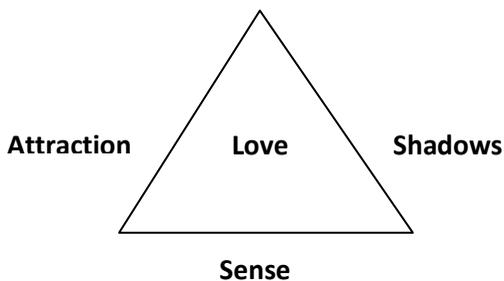
**Successor:** the cosmic universe is love's arena and the creatures, its domicile and affection, its tools and sign; therefore the Supreme Power has created the creation to express his love so that life manifests with wonderful diversity and variety on earth, sky, valleys, seas, mountains and deserts.

Let's elaborate more on love by drawing up love's triangle; to understand love better we must know the components it's made up of.

**Residents:** what is love's triangle?

**Successor:** this triangle has three sides and they are:

- a) Shadows
- b) Attraction
- c) Sense



## The shadows

In order for love to appear, the first condition is that there must be something to give a meaning to the lover and the beloved. Of course that something could be in the material or spiritual dimension, there must be something and makes no difference where and we call this something, shadows.

Therefore, shadow is one of the main axes of love. If no shadows, there would be no love. In other words, without shadows, love makes no meaning; that's why the Supreme Power created the creatures so that love is manifested in the whole creation.

**Residents:** why do you say shadows and not shadow? Does every creature have more than one body?

**Successor:** yes, each creature has more than one body as it has visible and invisible attributes. Since both visible and invisible attributes have their own separate bodies, with unique wavelengths and vibrations, we say shadows. For example: the shadow of the visible attribute of the human being is his physical body and the shadow of his invisible attributes could be his self, soul and intellect.

Now, those who believe that human being is only his physical body and life after death and soul do not exist, can consider the physical body when awake as the first shadow and the body that they observe in sleep as the second shadow.

Now, since love can be felt in the physical body, soul and the other bodies of the human being, we say shadows. I want to

declare to all the lovers that when the physical body of the human being is perished, love continues its existence in the second shadows and other shadows.

That's why I'm saying love has neither beginning nor end and we come, following one another to know the things we don't know and sometimes also we follow each other to find our lost love once again.

Now I want to talk about the other components of love.

**Residents:** we still have questions about the shadows.

**Successor:** there's little time left and the scroll limited, if I talk till eternity there would still be new questions, be patient, they will be answered in future writings.

**Residents:** alright then, explain the second part of love.

**Successor:** attraction

Whenever something pulls another thing towards itself, that pulling force is called the force of attraction and when the opposite of this happens, it is repulsion.

In order to understand this better, look at my two fingers.

At this time the successor raises his hand and shows the victory sign.

**The Projection:** in fall or season of falling leaves, with the best colorful display, in a forest where the ground is filled

with fallen leaves from the trees, everything appears to be calm, there is a big fan on the ground which is for a great experiment, it works in a way that when it turns towards the left direction (anti-clockwise) it acts like a ventilator.

The first experiment, power of attraction:

Once the fan starts turning in the left direction, it pulls all the leaves which are close by up to a distance that it has the strength for, in this situation we observe the power of attraction of the fan.

The second experiment, power of repulsion:

Now the fan is turning towards the right direction (clockwise). This time the fan blows away all the leaves and acts like a blower, we observe the power of repulsion.

End of the projection.

**Successor:** in this projection we observed that the fan was stationary. What factor caused attraction at one stage and repulsion in the other stage?

**Residents:** the direction of turning.

**Successor:** yes, certainly it was the direction of turning. Human beings are similar as well, as much as being a separate and independent entity, with a change of direction in thought, worldview and behavior; they can live in a way so

as to have a powerful attraction or a whole lot of repulsion and this solely depends on wisdom and outlook on life.

In other words, if you look at the best of humans negatively, you can find many flaws in them and even if you don't find any flaws, you'll justify or imagine some; the same goes for the opposite, if you look at the worst humans positively, you will find certain decent attributes in them and this depends on the difference of perception.

Now, we'll go back to attraction. We mentioned that everything in creation has a power to attract and anything that has attraction also has the power of repulsion. Of course, it depends on each individual's standpoint to react to different issues and situations and these reactions determine the power of attraction or repulsion.

In the example of the fan, while there was the power of attraction in front of the fan which acted as air suction, there was repulsion behind it which acted as a fan.

**Residents:** if the Supreme Power created the universe based only on the power of attraction and there were no repulsions, wouldn't there be peace and harmony everywhere? Wouldn't it have made our jobs, yours and his much easier?

**Successor while smiling:** the whole creation of the Supreme Power is based on knowledge and science; nothing gets done without precise planning. If there were no repulsions in the universe, in a matter of seconds all that there were in

creation, from plants, animals and human beings would get stuck on each other and wouldn't be able to let go. Now just imagine how that would be and what sort of universe we might have had.

**Residents:** alright, we realized the consequences. Where do the solids get their power of attraction from?

**Successor:** imagine a piece of rock, it looks stationary but inside of it there are billions of small fans called Electrons which are turning and as a result of their constant turning, power of attraction is created. This of course, isn't visible to the human eye but in bigger objects like the Sun or the Moon is visible much better.

**Residents:** you say that there are small fans or engines in solids that are turning which cause either attraction or repulsion, how do you explain this in regards to human beings?

**Successor:** these engines also exist in humans in a way and are very active. For example, if they attract kindness, they'll definitely repel rage, if they attract hatred, they'll certainly repel love, if they attract anxiety, they'll repel peace, if they attract light, they'll push away darkness and so on. Therefore, if they attract alcohol and drugs, they'll definitely repel many virtues.

**Residents:** what is a practical solution to adjust these engines in a way so as to attract the most virtues?

**Successor:** just like how dirty and polluted water is turned into clean and pure water by purification. In order to transform a depressed, disturbed person into a calm, cheerful individual, there's only one way and that is through cleansing and purification which is not done instantaneously, it cannot be done in one day or through a magical chant or potion and or even miracle. It takes time and it is gradual and it can only be accomplished through the proper training, education and by gaining the necessary experience, awareness and deep reflection.

Humanity must know that there is a price to pay for achieving peace, comfort, happiness and love and last but not least, he must know that to gain all those beautiful things, he must only rely on himself and no one else; if he doesn't attempt to do this purification himself, there isn't a single method or remedy which would guarantee the end results. No one can arrive at virtues through vices.

If we look closer in creation, we can observe the power of attraction in various shapes and forms, like a flower, a painting, a human being, a song, a piece of jewelry, a McDonald sandwich, a mathematic formula, flight of birds in sky, a flowing stream in the mountains, sound of waves in the ocean, eye brows that are like bows, a hair as black as the night or blond like gold, the trees in spring, teeth as white as snow, ululate of the wolf, howling of hyenas in the valleys, roaring of a thunderclap, sound of a rattlesnake in desert, dance of the swans in lakes, flight of the eagle in the sky, plunking of the crows, flies over the garbage...

Therefore, all creatures whether in their visible attributes or invisible attributes have a power of attraction so as to attract their desires and wishes and they are constantly doing that in different forms and shapes.

**Residents:** what kind of an attraction does a fly have?

**Successor:** that's a good question. Here we come across something that leads to the third or final part of love so as to complete the drawing of love's triangle.

If you want to understand the attraction of a fly, you must become a fly yourself. Of course a fly that knows when another fly is flirting with him, this means feeling something with all senses.

**Residents:** please explain the third component of love.

**Successor:** the third side of this triangle is sense, we also mentioned that in order to love, there must be something which we named shadow; every shadow has a power of attraction but it cannot attract everything unless that thing is of the same essence, we said that only a fly can feel the attraction towards another fly. Let's pay attention to the following message to better understand the foundation of existence; this is for individuals who desire true knowledge.

**Message:** heart's yearning is needed to realize all that there is; intuition gives it form and when it manifests into an image, constant refinements strengthens the visions, however, we research this saying in a different way which

**means sense or feeling; sense is like the Supreme Power, evident throughout the existence and non-existence , but invisible.**

**Residents:** we must contemplate on this message for a while to understand it better, but you tell us what sense is.

**Successor:** to give a brief and simple definition of sense I can say that it is a receiver; it exists in various shapes and forms; if sense didn't exist in this universe and other universes, there would be no structures at all.

For instance, how could humans and animals continue their lives without having the five senses of hearing, vision, taste, touch and smell?

If plants didn't have senses, they couldn't recognize heat and cold in order to bear fruits or solids couldn't establish their atoms.

In other words, all creatures, waves and particles in creation and cosmos, are able to gather information through their senses and this enables them to adapt perfectly to their environment.

**Residents:** as you said all humans have the five senses and power of attraction; what determining factor exists in love that decides who receives its waves, fall in love and be loved compared to those who don't?

**Successor:** that is a great question; I'll try to answer briefly.

Firstly, we mentioned that sense is a receiver and it's the force that initiates the operation of intellect, faith and love. All perceptions are transferred by senses to the brain and after careful assessment and processing, a reaction is implemented.

We can say that sense is like a title of a book and love, intellect and faith are the content of this book; considering that attraction and sense differ in people, thus assessment, processing and reaction differ as well and this is the reason that someone falls in love with another person when others are indifferent towards that individual.

Secondly, every human being has five hidden or external senses in addition to the five senses and there's a sixth sense which we refer to as the eleventh sense and it plays an important role when it comes to love.

**Residents:** could you explain more about these external or invisible senses?

**Successor:** speaking of matters that are invisible or untouchable or lack physical proofs and cannot be proven by physical formulas, is very difficult; talking about the invisible senses of human beings is a very delicate and complicated matter, but I will state my belief and the rest is up to you.

If you don't have senses, no motion can take place whether awake or in sleep. The instrument of contemplation is not always by your will, you stare into nothingness for a moment, and it appears that you are looking with your eyes, but it's

not like that. You are travelling to other places and times in the past, present and future and then return. When you look at the time you realize only a few moments has passed but it appears as though in other dimensions, ages has gone by. Thus, thought and reflection didn't have a role in here, only their existence in your body created this phenomenon.

How can you justify travelling to these times and places and witnessing all these events while asleep or awake? If you think clearly you would know that the forces which take you to these places and back are the external senses in action. It's like someone having an instrument and does not use it or uses it when he's told to do so. All the information that we receives isn't available for us and it gets stored in our unconscious because they are not compatible with our environment and may cause certain problems.

Therefore, our five external senses do not need an instrument. Sense can travel in the universe and act as a journalist and gather information for the intellect and this is carried out through the other bodies of a human being, I cannot explain more than this. Let's get back to the main discussion.

When the Supreme Power commanded that love be inspired in all the particles, the shadows were formed as time went by and thereafter, power of attraction came about; particles, shadows and sense which were of the same substance gathered around each other and attracted one another in

order to create loves' triangle and thus, existence was formed.

Therefore to form the triangle of love three components are necessary: shadows, attraction, and sense.

**Residents:** under these conditions that you explained, all human beings have sense, shadow and attraction so they all can love and be in love, but in reality this does not happen.

**Successor:** you are right, there are many men and women who are like that, some more than the others and vice versa but we can say with certainty that there are no unattractive human beings. Maybe someone seems unattractive to some people, but this person is very attractive for some other people, it depends on the waves, the source and the receiver. Sense is invisible but sensible.

You said that anyone can fall in love but in reality this is not true; why are some individuals unable to hear the song of love in their hearts? Let me explain this with a projection.

There was a lion who was the king of a beautiful forest. One night his advisors suggested having an arts festival to promote a greater level of cultural standard in the forest. The king accepted and soon after the announcement was made and everyone gathered for a rehearsal.

The successor raised his fingers in a V sign and asked the residents to watch the projection.

**Projection:** It's the rehearsal day; all the animals have gathered in the main square, the pewit is leading a group of nightingales who have formed a choir and are practicing; butterflies are dancing in a group and displaying their colorful wings; the peacock is showing off his magnificent colors; swallows are playing the guitar, doves are playing the violin, frogs the piano, grasshoppers the harmonica and the pigeons are playing the harp, the dorbeetle is improvising on the flute and the dragonflies are skipping.

All the animals, birds and insects performed wonderfully in the rehearsal and went back to their homes.  
End of the projection.

**Successor:** you watched the rehearsal, now is time to open the ceremony so watch the second projection.

**Second projection:** the clamor of excitement is heard among the spectators, the performers are positioned near the square in an organized manner, the king with an elegant cape and a golden crown gets seated in the special podium along with the other VIP guests. The king stands up and with his hand gestures the start of the festival, the trumpets play the opening song.

The performers come to the centre field and take their place, the pewit as the leader of the choir raises his hand to commence the symphony. Suddenly a loud noise from

another group in the corner of the field is heard. This group had come uninvited and wasn't involved in the program!

In this group the elephants were supposed to play trumpets with their trunks which they forgot due to their anxiety, the hyenas bit them to remind them of this, the elephants began to scream since they were in so much pain which was combined with the howling of the hyenas, it was a deafening roar.

Bears began drumming with excitement, vultures riding on the back of jackals started to play polo, using swords and knives, gorillas began a deadly martial arts game which caused a lot of injuries.

Donkeys, zebras and camels that were seated in the stands calmly and were eating popcorn and chips, suddenly went on a stampede because foxes threw some firecrackers under their feet. They broke the barriers and ran into the field and a full blown chaos began. There was so much dust in the air that nothing could be seen and it was so noisy that nothing could be heard, it was as if a huge earthquake had taken place.

End of the second projection.

The successor brings down his hand and looks at the residents.

**Residents:** it was an interesting play but explain the conclusion.

**Successor:** I was expecting this question, of course we respect all creatures but for this play I had to categorize them. The first group was the symbol of a group who displayed the waves of love's attraction and the second group while creating chaos and disturbances, suffocated these delicate waves in a way that sense was unable to receive the sound of love.

In this play, the second group had created such confusion that power of attraction and sense were greatly affected. Does the howling of hyenas, trumpets of elephant, vultures playing polo and drumming of bears allow you to receive love's waves or hear doves and pigeons playing violin and harp?

Do you think the army of ignorance, hatred, vengeance, deception, arrogance, selfishness, material obsession and fear will tolerate love's triangle and permit it to send and receive its messages?

Do you think they will allow love's forces like compassion, forgiveness, friendship, sacrifice, honesty, bravery and integrity to operate freely?

How could a human being under the crushing influence of alcoholism and drug addiction hear the beauty of love's waves or even send them?

**Residents:** how could anyone stop these destructive waves so as to hear the sound of love?

**Successor:** with knowledge, awareness and wisdom. Imagine you are in love but after sometime you realize that your lover words were all lies or your partner is a decent, faithful person but some associates of yours deceive you and turn you both against each other, you feel that your lover is dishonest and has cheated on you. What do you think is going to happen? What factors played a key role here?

**Residents:** certainly if the love doesn't turn into hatred, the anger will subside and the key issues here are knowledge and information.

**Successor:** that's right, we can conclude that knowledge, awareness and wisdom play a crucial role in love and they are vital foundations of love. Of course, the X system always plays its vital role.

**Residents:** what is the mechanism in attraction or love between the opposite sexes?

**Successor:** as I mentioned before, throughout existence and non-existence all the shadows are sending out their attraction waves, therefore every human being, based on his or her physical structure and appearance, information, characteristics, intellect, faith and desires, consciously or unconsciously are sending and receiving these waves.

In the beginning, these waves act like bright rays of light coming out of a light source. This is the stage where lover and the beloved are yet to be designated, as love progresses these rays of light are focused on a specific point. Imagine

person A is sending out his attraction waves consciously or unconsciously in a place with other human beings (these waves are invisible to human's eyes), there could be different outcomes, maybe no one receives these waves or some receive but don't respond or someone responds but the source is undesirable to person A; up to this point there hasn't been a two way connection yet.

Until a day where a person B receives the attraction waves of person A and since person B finds it very desirable, he or she immediately send out a positive response. In this situation person A receives the response with his sense and feels a very pleasant vibration at his heart and thus sends back a positive response to person B.

With these exchanges between the two parties involved, the first sparkle of love takes place between them and they enter a new stage. They talk and see more of each other and if the communications are pleasant enough for both of them, gradually affection appears in the relationship and as time goes by this affection turns into real love given the fact that it's based on trust, respect and the knowledge that both parties are honest at all times. Under these conditions real love between two people has taken place and we call this, love between two humans.

**Residents:** is there another kind of love besides what you just mentioned?

**Successor:** a great sage once said: “if you don’t have love for the creator, find love for the creature so as to realize the true meaning of love. The lover’s only concern is with love and not the beloved.”

That’s right, there is another kind of love which is being in love with the Supreme Power and since he has manifested in the entire existence and creation, being in love with him means loving all the shadows throughout creation and this happens when the individual has reached the optimum stage in intellect, faith, love and the X system and has experience the love for another human being fully. Whether his love is in the invisible attributes of existence or the visible attributes makes no difference, here the individual has reached a level of knowledge and awareness that he has a special understanding of the universe and recognizes the pillars that keep it together. At this stage this person has gone beyond an earthly love and experiences a divine love and this where the saying “the lover’s only concern is love and not his beloved” comes into play.

At this stage the lover shines like the sun in creation, equally and unconditionally, loves everything and everyone and expects nothing in return, he serves his fellow human being as much as he can, the more he loves and serves the more love he receives, he or she is cheerful and energetic and all that he observes and experiences are manifestations of the Supreme Power.

**Residents:** at this stage, the person can love both the Supreme Power and another human being?

**Successor:** there is no contradiction here since the lover knows his beloved as manifestation of the Supreme Power, recognizes his earthly love as the divine love wearing a physical garment.

**Residents:** is it possible that someone loves the Supreme Power but not his creatures or is indifferent towards them?

**Successor:** if someone claims he is in love with the Supreme Power but he can't stand his creation, he is deluded and I believe that this claim is a lie. It was said that for love to be expressed shadows must exist so that love can manifest in them; without the existence of shadows, no love can come into existence, therefore what are the shadows of the Supreme Power and where are they? How is it that we fell in love with him? Isn't it true that all the creatures in the universe are shadows of the Supreme Power?

Therefore, the gateways of entering into God's heart are the heart of human beings, all creatures and the entire existence. Can you cook thousands of the best meals in the world and throw them into a well to satisfy the Supreme Power? Certainly you say that only the insane would do such a thing, the food must be distributed among the poor. Now, how could anyone be in love with God and not have any use and benefits for his creatures? The sane intellect commands that

love for God must be shared among his creatures unconditionally.

Cyrus the great said: **hands that offer assistance are more sacred than lips which say prayers.**

Thus if someone says that he only loves God and not his creation and if he can he'll harm others, even if he is constantly praying and worshiping God, in my belief he is completely lost and misled.

The pathway to creator's love is unconditional love towards his creation.

**Poetry:** true worship lies only in serving others not in prayers, customs and religious ceremonies.

**Residents:** is there a higher level of love?

**Successor:** yes there is, it is the love of the Supreme Power for his creation. To get to this stage, one must have experienced the first two stages and be prepared to sacrifice everything. At this stage the person is so in love with the Supreme Power that if he has one hundred lives he would sacrifice them for his beloved to pay the price of this love; he would be able to pass through the most difficult situations or would be guided through. He would uphold righteousness and truth and always stand by them.

He loves the whole creation without even trying to, he is in peace without even trying to be in peace, he loves all human

beings without even trying to love them, he helps everyone without even trying to help, he shines like the sun, equally on everything and everyone without even trying to do so, for the sun it makes no difference where she is shining on, flower or the thorn.

At this stage, the lover and the beloved become one and united; you, who have been a lover up to now, are both lover and the beloved, because here, the Supreme Power loves you and his love within you, causes his creatures to fall in love with you. You see yourself in others and you want to assist them in any ways you can, to help them get through difficult stages in their lives and achieve peace and comfort; others see signs of the Supreme Power in you, they want to benefit from your path, your words and your ways to become closer to the creator.

You'll get to know a part of your invisible attributes through your faith, intellect, love, the X system and the knowledge and science that you have achieved, you will continue your life naturally whether on earth or in the heavens and you have your private life just like other human beings, you are prepared to serve others under any circumstances and you continue to do your best as a teacher or a mentor, you are ready to carry out the command, whatever and wherever it may be, in hell or heaven makes no difference to you since you have surrendered completely to the Supreme Power.

**Residents:** your descriptions of love show that love has a very high status and importance and not everyone is able to

understand its significance. Then how could all the human beings benefit from it? It seems unattainable.

**Successor:** love is flowing through all creatures including human beings in a variety of different forms and shapes and is constantly bringing them closer to each other; it is the subsistence of existence and creation because all the creatures are connected by the particles of love through shadows, attraction and sense and the name of this connection is love. Even if this pull or loving is felt for a short period; I don't think we can say that since the connection has been for a short time, it's not love. I believe it is love but a short, passing phase of love. In other words if you strike a match in complete darkness we cannot say that there was no light or that it was an illusion, there has been a little light but it was very weak.

Therefore we cannot say that love is only exclusive to certain people or special groups or myths, love doesn't belong to anyone exclusively because all creation is living in love and practicing love to arrive at a higher love, everything and everyone are immersed in love as existence is immersed in love.

The rays of love are shining on all things equally, like the sun and each being receives according to its capacity, the rays of love shine on even the most violent and dangerous individuals and their hearts even though cruel, beat restlessly for their loved ones. Love pierces through their cold hearts and creates a small window and hides in there till the day of

manifestation when the sweet taste of its beauty is experienced and they'll know how salubrious love is.

The residents stare in disbelief at the successor and ask: you said that a love without intellect and faith is infatuation, but now you're saying something else!

The successor looks at the residents while being astonished himself and says: I'm not even sure who is talking through me at the moment; I've spoken about the boundlessness of love before and I was stationed in the valleys where forces of intellect and faith controlled me, it was as if I was a drunken camel overflowing with love and in order to restrain me two ropes of intellect and faith were passed through my nostrils so that my notorious reputation wouldn't be heard by all and others think of me as mad and insane. I had to behave in such a way so that my feet were steadfast on the ground and wouldn't dance up in the air with my head on the gallows, so that I have the opportunity to express these views.

But what can I do now when I'm in the valley of love and the power of love is stronger than me and it has turned me into drunkard lover; love gives me no choice and will assist me to break the lock of its own prison so that love would escape the prison of exclusiveness and thus I shall scream at the top of my voice on the peak of high mountains and skies: **love belongs to all the humans, it belongs to the entire existence and all the creatures.**

*God is love, life is love, being and not being is love, hell and heaven is love, man and woman is love, young and old is love, all the children of the world are love, all the homeless of the world are love, all the addicts of the world are love, all the hungry people of the world are love, all the sick people in the world are love, all the individuals who strive to assist the poor, hungry, homeless, addicts and the sick are love, all the solids, plants and animals are love, the earth, the sky, the existence and non existence are love and they are immersed in love so that they shall know love has no special position or location, anyone with any characteristics and at any position can be the host to love's waves and taste the sweetness of love, it just requires the heart's gates to be open.*

At this time the successor was speaking like a drunkard camel that has broken the halter and a foamed mouth, he was under the intensity of love's waves which were talking through him, he was so under their control that he couldn't bear the intensity and passed out on the ground.

Silence took over and no one moved, after a few minutes he got up. The color in his face had changed and calmly said: I'm grateful for the opportunity to speak to you all; my time is finished right now. I have to inform you that in a few minutes, in the presence of the Supreme Power, light which was pregnant with darkness will designate his child and afterwards the great divergence will take place and immediately a pact with the Supreme Power will be made; thereafter another life begins in a different way and this cycle shall continue on and after many ups and downs and attaining valuable knowledge, training, education and experience, once again in another lifetime we shall return to this point which we have diverged from.

Farewell!

## **Overview of Congress 60**

Congress60 Human Society was established in 1998 by Mr. Hossein Dezhakam for the purpose of assisting individuals who are struggling with drug addiction.

Congress60 is a people supported, non-governmental organization, active in treatment and recovery of drug addiction. Its foundation is based on the principal of a revived addict helping the fellow addicts (currently using Narcotics). It has been established with the motto “let’s curb this devastating fire”. It has a license from the Ministry of Interior and intends to reduce harmful results of substance abuse.

Congress60’s axis of activities consists of education, prevention, curbing and guidance in curing addiction. The main objectives of Congress60 are scientific research and practical solution to better recognize human psyche and its relationship with illicit drugs; and to provide a useful method and guidance to drug addicts and their families. Because drug addiction is formed by combination of Humans and drugs, therefore both of them have to be studied carefully.

After 10 years of active participation in this field, Congress60 is a strong, active NGO that provides its services free of charge to the public. It has 13 branches in Tehran and other cities and organizes more than 800 educational workshops (2000 hours, with average of 150 participants per workshop) each

year. Each workshop consists of three groups: 1. Male drug addicts 2. Female drug addicts and the third one, for their families. In congress60 a Drug addict is referred to as a traveler (Mosafer) and their companion as (Hamsafar) who embarks on a journey of recovery.

The achievements of Congress60 have been the redemption of thousands of addicts from their harmful habits with the lowest rate of relapse and also raising and producing more than 150 expert guides on addiction treatment and 150 guides for the companions. Congress60 has produced for the first time the protocol for curing this disease and it has been recognized and accepted by many professionals, scientific research centers and Medical personnel and other prestigious centers in this field.

Congress60 believes that addiction is an illness and it is definitely curable in a way that after the treatment process, not a sign of addiction will be visible in the addict.

The book "crossing the zone 60 degrees below zero" written by Mr. Hossein Dezhakam, the founder of Congress60, is a practical, documented research on the issue of substance abuse and a self guide on how to cure addiction which has been re-printed nine times. It is one of the most powerful books in this field and has been written in a simple yet scientific language and it has been translated into English and it'll be soon available for the readers. Other works which include the 14 valleys, educational CDs, tapes and DVDs are available at all Congress60's branches.

The members of Congress60 have presented their ideas, researches and findings in universities, conventions, seminars, media and exhibitions. The website is providing the latest information on Drug addiction in both English and Farsi languages. [www.c60.ir](http://www.c60.ir)

The sport association of congress60 conducts annual sports Olympic for the revived drug users who are now competing athletes. There are different sports competitions including soccer, volleyball, rugby, archery, badminton, table tennis and traditional body building. It should be mentioned that Congress60's Archery, Rugby, Dart and traditional body building teams have made it up to the National Levels. Congress60 is a scientific research centre and is ready to cooperate with other professionals, universities, academic centers and NGO's, and is constantly open to new ideas.

Since Mr. William White and Dr. Kurtz designed a list of 14 key questions to better understand congress60 structure and system of management, I decided to provide the questions and the answers given by Mr. Dezhakam in the following pages.

Saeed Moeini

Translator of the book

## **1. Does the name Congress 60 have significance?**

--Answer: Yes it has a special meaning. The explanation for the number 60: I'm an electronic engineer; I've worked in the field of industrial research, designing and repairs for about 30 years; my addiction began with drinking and afterwards I got addicted to Hashish and Opium.

Since 29 years ago, for 17 years I was a hardcore substance abuser; to cure myself I tried many different treatments but was unsuccessful. In the end I began playing a game and this game was the research and trials that I tried on myself. Eventually by determining my daily dosage, time of use and tapering of the drugs I implemented a plan and to my own disbelief I was successful after an eleven month period and the DST method was invented.

I published everything in my book called: Crossing the Zone 60 degrees below zero which has been published 9 times in Iran, it is the basis of congress60; therefore the number 60 has been taken from my own book, 60 degrees below zero is very cold and symbolizes the difficult conditions an addict faces and has to overcome.

Congress: after publishing my book I decided to establish an NGO, since I always believed this NGO will one day cross the borders of my country I chose the name congress so that it is understandable by all nations and everyone can participate in it.

**2. How is Congress 60 funded? Does it receive any government funding?**

--Answer: 99% of the funding for congress60 comes from a donation box that is collected from all the participants at the end of each session voluntarily, government's funding is about \$5000 to \$10,000 per year and this is accepted only to have a good relationship with them; however, some buildings for our branches are provided by government or government related organizations, the rest of these locations have been either rented or bought by our own money.

**3. What are the total number of staff and volunteer positions that support Congress 60?**

--Answer: Maybe this would be a bit surprising, but we have no paid staff at all and all the positions are filled by part-time volunteers who include Didehban, Marzban, Guides, and Assistant Guides, their numbers is approximately more than 300 hundreds.

**4. Are there physicians or other professionals that supervise aspects of the support provided through Congress 60?**

--Answer: All the personnel who are in charge of training and education are graduates of congress60; they were either ex-addicts or family members of the addicts. However, there are many university students who come to our branches to conduct their researches and studies, furthermore some university instructors and professors attend our sessions to

give talks and seminars, and all in all we have a very strong relationship with academic centers and universities.

**5. How many branches or groups are there in Congress 60?**

--Answer: We have seven branches in Tehran, the capital and six branches in other cities of Iran, the total is thirteen branches.

**6. Does each branch have paid staff or are these supported by volunteers?**

--Answer: All branches are managed and supported by volunteers.

**7. How do people find and become members of Congress 60?**

--Answer: In Iran people generally know about congress60 and we are faced with a great number of clients on a daily basis whom we have not the space and the facilities. The travelers of congress60 are in the view of the general public without any fear in a variety of means such as TV interviews, newspapers and magazines and sports arenas. Becoming a member of congress60 is very easy as long as the individual obeys the rules and regulations of the workshops.

**8. Are those served by Congress 60 diverse? (e.g. by age, gender, religious background, etc.)**

--Answer: The doors of congress60 are open to everyone regardless of gender, age, religious background and personal beliefs and the members are diverse, all are welcome here.

**9. How long are members expected to participate in Congress 60? Do those who have completed a cycle of weekly agendas continue to participate or do they graduate from Congress 60?**

--Answer: In congress60 all the stages of treatment, maintenance and recovery are done in a form of two journeys, and the training workshops commence at 5:00 pm for about 3.5 to 4 hours so the employed individuals can work during the day and participate in the training workshops in the evenings 3 times a week.

The first journey: from using drugs to discontinue using

This course lasts for about one year, after this period the individual doesn't use any kind of substances or medicine and is trained under the supervision of his guide and after quitting drugs he enters into the second journey.

Second journey: from quitting drugs to knowing one's self

At this stage the process of treatment and maintenance have ended and the individual only works on his self and increases his knowledge in recovery, he fully participates in the public workshops and legions and repeats the training of the first journey. He becomes an exemplary model for those who are in the first journey and also he volunteers his services. After

one year he attains the necessary awareness and it's not compulsory for him to participate in the workshops.

At this time the individuals who like to volunteer their services in C60 can do so .e.g. as a counselor, assistant guide, guide, marzban and they should make themselves ready for the oral and written examinations and if they pass the exams they will begin volunteering as an assistant guide.

**10. May anyone from the public attend the weekly sessions or are they only for those members of Congress 60?**

--Answer: Everyone can participate in the sessions as a guest but some sessions are only for males and some sessions are only for females.

There are four groups in C60

- a) Male substance abusers
- b) Female substance abusers
- c) Female companions: female family members like wife, mother, sister and friend...
- d) Male companions: male family members like father, brother, son, friend...

Women cannot participate in the meetings which are especially for men and vice versa.

There is a joint meeting for male travelers and male and female companions in the week and on Fridays (weekend) male travelers and family members (male and female) from all branches come together in a huge park from 7:00 am to 2:00 pm and play sports activities in 14 different fields and participate in internal competitions.

**11. Is there a brief summary of the valleys that would be used by Congress 60 members like the Twelve Steps are used by members of Alcoholics Anonymous?**

--Answer: yes we have the valleys in brief summary for members and the fourteen valleys in C60 play the same role which the 12 steps In Alcoholics Anonymous do.

**12. Are all members expected to be involved in support of other members or to offer assistance to those seeking help from Congress 60?**

--Answer: No, all members are not permitted to assist or counsel or guide others, they must be counselors or assistant guides or guides or have responsibilities, for example to become an assistant guide or guide in C60 there are special qualifications e.g. someone who has one year of recovery can participate in oral and written exams and if he passes the exams he becomes an assistant guide and thereafter with other criteria they can become guides. If guidance is done by all members, there could be confusions or misunderstandings.

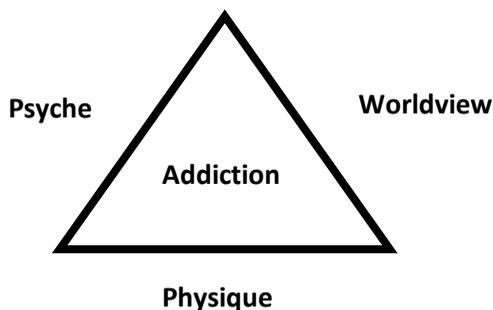
**13. What studies of Congress 60 have been conducted so far?**

--Answer: Researches about Congress60 have been conducted by national universities, professors, university students and specialists in several fields and the results are excellent, but there hasn't been any international researches about Congress60 yet ((there are always many discussions about Congress60 on TV, magazines and newspapers locally))

**14. How is what Americans call "spirituality" named and understood by Congress 60 participants?**

--Answer: Since Saeed has lived in Canada for about 17 years and he has explained to me what spirituality means in US culture and that it follows the universal wisdom, I've reached this conclusion that Congress60 has the same viewpoint and it's one of the Congress60's bases which we call worldview.

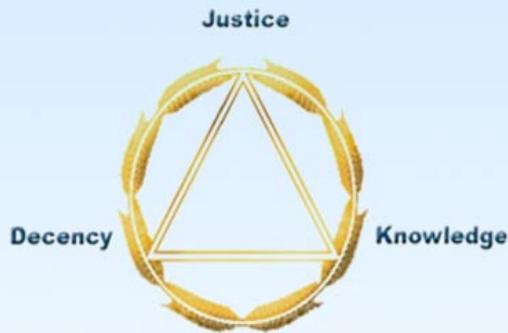
Congress60 believes that addiction has 3 parameters and treatment and recovery must take place in each parameter.





Love: 14 Valleys for Recovery is a testament to the proposition that recovery from addiction is far more than the removal of drugs from an otherwise unchanged life. It is instead a fundamental redefinition of one's identity, relationships and way of living.

William L. White



**Congress 60**

**Let Us Curb This Destructive Fire !**